Praise for *Can It & Ferment It*

"Whether you're interested in trying fermented foods for gut health or want to have a plan when those tomatoes you planted all ripen at the same time, *Can It and Ferment It* is an oh-so-practical resource. Easy to read and follow—even if you've never canned before—its focus on small-batch production invites you test new recipes without the time and storage commitments that large batches require. Beyond its yummy jams and sauces, you'll be amazed to learn how to pickle practically anything (and if you love garlic, you won't be disappointed), so your fridge is always stocked with crunchy, flavorful goodies with bragging rights in every bite."

—Janet Mowat, editorial director, *Harris Farmer's Almanac*

"*Can It & Ferment It* is an essential guide featuring innovative recipes for beginners and experienced canners alike. I love the simple, small-batch approach inspired by farmers' market finds that can be easily assembled without spending all day in the kitchen. Stephanie's easy-to-follow instructions and seasonal grouping of recipes will keep you on track to preserve the freshest produce year-round."

—Laurie Crowell, founder and creator, Golden Fig Fine Foods

"*Can It & Ferment It* is a wonderfully put-together book. Quick, easy-to-understand instructions along with beautiful pictures to illustrate the processes make it a welcome addition to any culinary library. Food preservation and storage are big topics these days and this is a great way to learn how. Appropriate for the novice as well as the expert—also a good gift idea!"

—NW Ferments

"I can already see that this book is going to become the most used preserving book that we own! Having one resource for a variety of delicious looking canning and fermenting recipes will make preserving that much more accessible to everyone. Reading Stephanie's book is like having your own personal canning & fermenting expert right there with you."

—Emily S. Kociolek, owner, Stone Creek Trading

"Stephanie Thurow's *Can It & Ferment It* taps into two surprisingly parallel processes of preserving—canning and fermenting. Reading this book as a curious and captivated outsider to the canning and fermenting worlds, Thurow presents a charming selection of recipes for all seasons. Starting with an ambition for local, fresh, and organic produce, these lovely recipes are approachable and interesting, attainable and original—the perfect addition to any meal."

—*Make It Minnesota* magazine

"*Can It & Ferment It* combines canning and fermenting options into one comprehensive book to answer the age-old question "what to do with all that produce?" With great tips on how to get kids involved through age-appropriate tasks perfect for teaching little ones about food (and patience!), this book can fill many great summer afternoons with the kids in the kitchen and fresh produce on the counter."

—*MightyNest*

"Written from her kitchen to yours, *Can It & Ferment It* is Stephanie's visual and tutorial feast for the senses. These are easy to follow recipes that make the best of fresh local ingredients, making the canning and fermenting trend approachable for the eager home cook!"

—Jill Holter, Lakewinds Food Co-op community and media specialist

Can It & Ferment It

More Than 75 Satisfying Small-Batch Canning and Fermentation Recipes for the Whole Year

Stephanie Thurow

Skyhorse Publishing

Every effort has been made to ensure that that all the information in this book is accurate at the time of publication. This book is not intended to replace the manufacturer's instruction in the use of their products—always follow their safety guidelines.

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10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data is available on file.

Cover design by Jane Sheppard
Cover photographs by Stephanie Thurow

Print ISBN: 978-1-5107-5760-8
Ebook ISBN: 978-1-5107-1743-5

Printed in China

For Sophia

Always know that you can accomplish anything as long as you believe it.
All the strength you need lies within you.

Love always,
Mom

Contents

FOREWORD ix
INTRODUCTION 1
CANNING AND FERMENTATION: EXPLAINING THE DIFFERENCES 4
CANNING
- SUPPLIES 6
- CANNING PROCESS: STEP-BY-STEP 10
- PROCESS 12

FERMENTATION
- SUPPLIES 16
- PROCESS 20

INCLUDE THE CHILDREN! 23
SPRING 27
SUMMER 71
FALL & WINTER 117
BONUS RECIPES 163
RESOURCES 189
ACKNOWLEDGMENTS 190
CONVERSION CHARTS 191
INDEX 192

FOREWORD

It has been nearly three years since the release of *Can It & Ferment It* and I'm so pleased to celebrate the anniversary with the release of a second edition! A lot has happened over the last three years. I published my second cookbook, *WECK Small-Batch Preserving* (2018), a collaboration with WECK jar company. I frequently contribute articles to the local newspaper in the town where I live, and even to some local and national magazines as well. I traveled to Hawaii and became a Certified Master Food Preserver (2018) and have started teaching food preservation classes around the Twin Cities (and soon-to-be country). Plus, my third cookbook, *WECK Home Preserving*, will be coming out in the fall of 2020.

Prior to the release of *Can It & Ferment It*, I was frightened at how the book would be received. I knew I liked the recipes, but I didn't know how others would like them. And being a first-time author, I think my fears were completely normal. But once the book was published, and I started reading the reviews, my fears quickly faded. Soon after, I started being tagged on social media by strangers who bought my book, and were successfully canning and fermenting recipes from it. That has been the best payoff for me. I absolutely love seeing photos of what you make with my help through the book.

I've connected with many of you via Facebook, Instagram, and Twitter. It's so fun to help you troubleshoot and/or answer questions. More than anything, the positive feedback and success that *you* are having is what keeps me writing and motivated, so *thank you*.

In this edition, you can expect to see some extra information added to the "how to" sections of the cookbook, tweaks to some recipes, additional photos, and extra bonus recipes at the end.

Here are some photos of recipes that my social media friends have made from *Can It & Ferment It* over the years:

Recipe: Quick Curtido (pg. 152) made by Allison @stick.that.in.your.pipe

Recipe: Cherry Tomatoes with Garlic and Fresh Basil (pg. 97) made by Dana @rustic.coop.homestead

Recipe: Jalapeño Sauce (pg. 78) made by Sara @goodinsgarden

Recipe: Pickled Brussels Sprouts (pg. 159) made by Marie @canninglady

Recipe: Spicy Pickled Carrots (pg. 72) made by Alison @canning_crafts

Recipe: Pickled Jalapeño Slices (pg. 76) made by Betsy @bcurtis91

Recipe: Whole Cranberry Sauce (pg. 122) made by Lacy @lhalvors

Recipe: Kimchi (pgs. 67–69) made by Curt @healthwithvision

Recipe: Pickles (pg. 84) made by Morgan @momoferocia

Recipe: Grandpa's Homemade Spaghetti Sauce (pg. 92) made by Kristen @growing.gardeners

Recipe: Garlic Cloves in Honey (pg. 90) made by Denelle @denellequail

Recipe: Pickles (pg. 84) made by Julie @havenvalleyhomestead

Recipe: Cranberry-Apple Jam (pg. 118) made by Jessica @homesteadingonthegrid

Recipe: Quick Applesauce (pg. 133) made by Caroline @moog826

Recipe: Green Beans (pg. 106) and Garlicky Carrot Pickles (pg. 74) made by Jeanette @jeanettelandin

Connect with me:
Blog: www.minnesotafromscratch.com
Instagram: @minnesotafromscratch
Twitter: @StephLovestoCan
Use the hashtag #CanItandFermentIt when posting

Thank you,

Stephanie

INTRODUCTION

Back in the early 2000s, I thought canning would be a fitting craft to learn because I loved pickles and had been searching for the perfect one to pair with my favorite drink: a Bloody Mary. Though my great grandmothers were big into canning and fermenting, it unfortunately wasn't something that got passed down through the generations (this sadly seems to be the case for many of us). The only person I knew that canned at the time was my boyfriend's (now husband's) aunt in Wisconsin, Mary. I asked Mary if she'd teach me how to can and she was more than willing to show me the ins and outs. We set a date to can together in the middle of July, because that's typically when pickling cucumbers are ready in the Midwest.

When the canning weekend finally arrived, I was excited yet nervous for what was in store. Mary had blocked out the entire day for us to can. She explained the importance of using only the freshest ingredients when canning, so we dashed off to our local farmers' market at dawn on a beautiful summer morning. She had a brilliant technique for hauling around all the fresh produce without breaking our backs: use a baby stroller. Mary pulled a dual-seat stroller out of her van, tossed her purse in the underbelly carriage, and high-stepped it into the market. She knew exactly what she was looking for in this moment, and I envied her knowledge and could not wait to soak it up. She squeezed and sniffed produce, seeking out perfectly sized pickling cucumbers (three to four inches, FYI), dill, and onions. When we got back to her house she explained that we'd have to start by cleaning each of the small pickling cucumbers. Next thing I knew, she rolled out a vintage Wringer Washer from the garage and filled it up with hose water. She tossed a towel in with the cucumbers and agitated the cukes, then drained the water out and refilled it again. She repeated this task until the water ran clear, and wouldn't you know it, those were the cleanest darned cucumbers I'd ever seen. *This woman is a genius*, I thought to myself. We spent the rest of the day perspiring in the kitchen over hot pots of boiling water and brine. She taught me how to pack a pickle jar like nobody's business. To this day, I get compliments on my beautifully packed pickle jars and I always reply, "I learned from the best!"

I can't remember how many jars of pickles we made that day; too many to count. I know I still had jars on my shelves two years later (and I am a pickle eating machine, so that says a lot). I continued to can with Mary for years, she taught me how to make several different flavors of jam and pickled beets as well. She cleaned the beets in the Wringer Washer, too! I loved the quality time we'd spend talking about things I would have never otherwise known

about her. It was a very special bonding time that I'll always hold dear. That's why when I had my daughter many years later, I knew that I'd want to share this pantry craft and the art of fermentation with her. I hope that it will be a common ground for us now and through the years as we age. Thankfully she's been a big help in the kitchen since she was one and continues to enjoy cooking with me and her father. I'd love for her to one day pass the knowledge of canning and fermenting down to her children, as I see them as invaluable life skills.

Trying to explain the joy that I have during the process of canning and fermenting food is hard to verbalize, but I'll try: I like to create good tasting food and share it with family and friends, and of course I love to eat it myself. It is fulfilling to plant seeds in the spring, tend to the garden with my daughter and husband all summer, harvest the gifts from the garden in the fall, and preserve them for year-round enjoyment.. Tasting jam made in the spring in the heart of the winter is like taking a mini mind vacation. I also really like to know what ingredients are going into my food and I find it ridiculously satisfying to spend an afternoon in the kitchen, stand back when everything is cleaned up, and gaze at my jars of food. I want to enjoy food without the addition of food dyes, artificial preservatives, or other harsh chemicals. After a decade of canning and fermenting, I've learned that a lot of people in the canning and fermentation worlds tend to lean toward one side or the other. I like to can and ferment because both offer completely different flavors and benefits. Why can't we enjoy both? That's why I was inspired to write a book about how to can and ferment the same fruits and vegetables, so you can enjoy the best of both worlds.

Throughout the process of developing recipes and writing this book, I learned a few things:

1. Canning and fermenting is even easier than I originally thought; so many recipes are similar to one another, they just have different variations of salt, water, sugar, vinegar, and seasonings.
2. Almost everything is a pickle; whether it's canned or fermented, it's likely pickled, and for some reason it took me working on this book to realize it.
3. I really like garlic, like *really* like it, and you must, too, if you are going to enjoy this book (or you can omit it—but what fun is that?).

I have had so many friends and friends of friends ask me to teach them to can, or they have expressed anxiety regarding fermenting food on their own. I understand that as a beginner it seems intimidating, but I am here to tell you that it's easier than you think. Once you get the hang of it, you'll wish you started years ago. Each recipe has been tested and re-tested. I've tried to write the recipes in this book in a very basic format to put you at ease. But trust me, if you mess up, it's okay. We learn from our mistakes. I've included a notes section on every recipe because I want you to use my recipes as a jumping off point for future creations as you get more confident. If you make a change to a recipe, write it down

and take note because chances are that a year later when you go to make the recipe again, you won't remember how you made it. If you don't like the finished product, take note of that too and consider options to tweaking it to your liking in the future.

This book will not educate you on the extensive history of canning and fermenting food, nor will it go into the detailed stages that the food goes through during the fermentation process. While there are plenty of great resources out there that dive deep into those topics, this book will get right down to the business of preserving. All canning recipes in this book are water bath recipes; no pressure cooker recipes. There are no recipes for bread, wine, kombucha, or beer; just fruit and vegetables that can be canned as well as fermented. None of the fermented recipes require a starter culture or whey. Most of this cookbook contains small-batch recipes which will yield a couple pints or a few quarts, and I wrote it this way for two reasons: because some people don't have a lot of space to store a lot of jarred foods, and because it gives you an opportunity to try out a recipe and determine if you like it without investing a lot of time or money. If you enjoy a particular recipe, double or triple it the next time you make it.

This book is broken down into three main sections: spring, summer, and fall/winter. I have included canning and fermentation recipes using my favorite fruits and vegetables to preserve during each season. Fall and winter kind of overlap each other, which is why I decided to combine them into one section. Each recipe is marked with an icon to indicate method. The mason jar indicates canning, and the head of cabbage indicates fermentation. There are also recipe variations and a few guest recipes submitted by fermentation industry pros throughout the chapters. I hope you find this book to be inspirational and educational and I hope it proves to be an excellent guide for your food preservation endeavors.

Many people ask me how to include pickled veggies in their daily life, and I tell them to view the veggies as a quick side dish. Once you view them as a prepared side, you can incorporate canned or fermented food into almost any meal!

A Wringer Washer is not a required part of canning, though I did pick one up from my ninety-one-year-old neighbor when he moved. It came broken, but I was confident I could get it in working order to help streamline pickle and beet cleaning when canning. Unfortunately, it's still broken and taking up a large amount of space in our little one-car garage. My husband asks me annually if we can get rid of it, but of course the answer is no; I still have expectations of getting it working again! Someday . . .

Each recipe is marked with an icon to indicate method. The mason jar indicates canning, and the head of cabbage indicates fermentation. (See below.)

CANNING AND FERMENTATION: EXPLAINING THE DIFFERENCES

Water bath canning: Allows us to preserve food with freshness and flavor after going through the high-heat process of a boiling water bath. This method of preservation creates an airtight, high-acid environment in which bacteria and other harmful contaminates cannot survive. Through this preservation process, canned goods become shelf-stable and can be stored in a pantry or cupboard for up to a year, or even two. But after twelve months, texture, quality and flavor can start to decline so I personally try to eat or give away canned goods by the eighteen-month mark.

Fermented produce: Fruits or veggies that are fermented with salt or in a saltwater brine. The process of vegetable fermentation creates an acidic environment by converting sugar into acid that bad or unsafe bacteria cannot survive in, while allowing the good bacteria to thrive. This is known as lactic acid fermentation, more popularly called lacto-fermenation, or "wild fermentation." The process of fermentation can take days, weeks, months, or even years depending on the flavor desired and the specific fruit or vegetable used. The recipes in this book generally take only a few days or weeks.

The studies on fermented foods are endless and truly fascinating to read. If you haven't already, I encourage you to take some time to research the topic and the health benefits linked to fermented food. Refer to the Resources section of the book (page 189) for recommended reading.

The importance of local and organic produce as it pertains to canned and fermented foods: Ferment and can with the freshest available fruits and vegetables whenever possible; they are going to have the best flavor if they are picked at their peak and will retain more nutritional value compared to produce from the grocery store. Most produce sold at the grocery store is picked long before it's ripe, so by the time it reaches store shelves, it's lost much of its vitamins and nutrients. Per the USDA National Institute of Food and Agriculture, produce that is canned promptly after harvest can be more nutritious than fresh produce sold in local stores. The USDA goes on to say that within one to two weeks,

even refrigerated produce loses half or more of some of its vitamins. So, even after exposing the freshly harvested produce to the high heat of the water bath canner, it still holds more nutritional value than eating raw, uncooked produce that has been on the grocery store shelves for weeks.

I always try to find produce at the farmers' market that has been harvested the day of or the day prior; that way I preserve the produce within 24–48 hours of when it's harvested. Use organic produce whenever possible and always use produce that is not treated with a food-grade wax sealant or harsh chemicals. In addition to using freshly harvested foods, be sure to pick fruits and vegetables that are not bruised or damaged. I also recommend trying to select produce that's uniform in size. Having uniformity allows the food to pickle/ferment evenly, which will result in a consistent end product.

I have found that most farmers are happy to explain their farming practices, and that many produce items are often farmed organically, but the farmers have not gone through the process of making that official due to the cost incurred. Do not be too shy to ask your farmer questions about the way they farm, because you might be pleasantly surprised by their answers. Be sure to always ask when produce was harvested to ensure freshness.

CANNING SUPPLIES

Salt: Canning salt, also known as pickling salt, is preferred; it is pure sodium chloride. Kosher salt is also acceptable, though the amounts may vary depending on the recipe. Be sure to check a salt conversion chart. You can find one at: mortonsalt.com/article/salt-conversion-chart/. Never use iodized salt.

Vinegar: Only use vinegars that indicate a 5–6 percent acidity level. Many bottles will note "pickling vinegar" on the packaging. Store-bought vinegar offers reliable results and is safe for home canning. For the sake of simplicity, every recipe in this cookbook will call for 5 percent acidity, distilled white vinegar, or organic apple cider vinegar.

Water: The purest water you have available to you is the best option. I have a reverse osmosis system at home that I often use. Water with minerals such as iron could cause discoloration but it is safe to use. I've canned with tap water for many years and it's worked great with the water from the city where I live. Some chemicals added to city water could possibly cause an adverse reaction to the end-product, but you may need to learn by trial and error to know if your tap water is suitable. If you are in a rural area and have well water as your main source, you can have the water tested to see if there has been any contamination. If you are unsure, store-bought water is an option.

Sugar: As you've probably noticed, canned jams, jellies, chutneys, and other sweet preserves generally include more granulated sugar than you'd expect. Sugar not only helps preserve the color of the food, but also helps the canned goods gel and become firm instead of syrup-like. The Ohio State Extension Service states that sugar also acts as a preservative by inhibiting microbial activity; thus, recipes should not be modified or adapted. Brown sugar and honey can be substituted for granulated sugar in recipes, though it will not cut down the overall carbohydrate content. It is not promoted by the Extension Services to use artificial sweeteners when canning preserves. There are commercially made liquid and powdered pectin options on the market that will allow you to reduce sugar in recipes. If you decide to use pectin in any of these recipes, please fully read the directions that come with the liquid or powdered pectin to understand how to properly use it.

Lemon juice: A couple of recipes in this book call for lemon juice. Use fresh juice from lemons or store-bought bottled lemon juice, but know that it is recommended by the USDA to

use store-bought lemon juice when canning, since the acidity level is reliable compared to using fresh lemons, thus ultimately safer.

Common Canning Supplies

- A large water bath canning pot with lid and a rack, 21–33 quarts big. These are typically sold in big box stores in a starter set, at hardware stores, or found online. The rack is required to keep jars off the bottom of the pot, but also to allow water to flow around all sides of the jars. Canning pots range from about $20 to $100. Read the range recommendations for each water bath canner; some do not work with electric, glass-top ranges.
- A stainless steel wide-mouth funnel.
- Glass jars. I use two main types of jars when canning: one is a standard Mason-style home-canning jar (in either quart, pint, or half-pint size) with a BPA-free self-sealing lid and metal ring. Always use new lids; never reuse lids when water bath canning. The other type of jar I commonly use is a WECK jar, an all-glass jar with a rubber ring, glass lid, and stainless-steel clamps. Be sure to only use glass jars that are specifically made to withstand high heat when canning, with brands such as Ball, Kerr, Anchor Hocking, LeParfait, and WECK jars. For simplicity, all recipes in this book call for standard wide or regular mouth Mason-style home-canning jars in 32 oz., 16 oz., or 8 oz. variations.
- Canning tongs or a jar lifter to insert and remove jars from the hot water bath.
- A stainless-steel potato masher, used to crush fruit when making jam.
- A stainless-steel ladle.
- Measuring cups. A variety of 1-, 2-, 4-, and 8-cup measuring cups is helpful.
- Measuring spoons in a variety of sizes.
- Clean lint-free towels and/or paper towels.
- Sharp knives.
- A stainless-steel butter knife, used for hot and cold packing of jars.
- Large and medium-sized thick bottomed, nonreactive (stainless steel or enamel-lined) pots for making jams, sauces, and brine. For many years, I used wide bottomed, large pans I had around the house for jam, but after I committed to the realization that I loved canning and it would be something I make year after year, I invested in a Kilner Stainless-Steel Jam Pot. It runs about $100, which is nothing to bat an eye at, but it does make canning life easier. It's a high-quality 8.45-quart stainless-steel pot that has measurements inside the pot. It also has handles, which simplifies pouring. It's not a required pot for canning, but if you decide that making jam is *your jam*, consider adding it to your wish list.
- Candy thermometer, to measure the temperature of the water or jam sauce (not required

for any of the recipes in the book, but convenient to have on hand when canning or if you want to test the temperature to be on the safe side).

- Occasionally throughout the book, a food processor, food mill, mandolin slicer, or hand blender would streamline the process in some recipes. These are not required for canning but very helpful to have on hand when needed.

Disclaimer: the USDA recommends using plastic utensils when canning; however, I personally only use stainless steel as I do not like to heat plastic. I've never had a jar break from using stainless steel but if you are leery, feel free to use plastic funnel, ladles, and other utensils.

CANNING PROCESS: STEP-BY-STEP

1.

Keep the clean, empty jars warm in hot water bath or in dishwasher until use.

2.

Wash new lids with warm soapy water. Then submerge lids in a small saucepan and simmer for 5 minutes, then reduce heat, and keep warm until use.

3.

Use a funnel to safely transfer the hot brine/ liquid into the jar.

4.

Fill jars, leaving ¼ or ½ inch headspace (varies per recipe).

5.

Wipe the rim of the jar with a clean, dampened, lint-free cloth or paper towel and again with a dry towel.

6.

Place the canning lid onto the jar and twist the canning ring on until just-snug.

7.

Use canning tongs to carefully lower the jars onto the canning rack in the water bath.

8.

Submerge filled jars in hot water bath, cover with lid, and once pot reaches a boil, set timer per recipe.

9.

Once processed, carefully remove the hot jars from the water bath using the canning tongs. I recommend using a dish towel to hold under the jar to transfer the hot jars from the water bath to the counter or table. Allow the processed jars to cool on a towel-covered surface for at least 12 hours. Do not touch the jars or test the lids for 12 or more hours after processing.

Splash a tablespoon or two of white distilled vinegar (5 percent acidity) into the boiling water bath canning pot to help deter mineral buildup on the inside of your canning pot.

CANNING PROCESS

Hot Pack versus Cold Pack

There are two main ways to fill jars when canning. The hot pack method is when a jar is filled with hot, precooked food such as jam. The cold pack method (a.k.a. raw pack method), is when a jar is filled with uncooked produce and the fruit or veggies are covered with a hot liquid brine or syrup. The liquid needs to be hot during this process; otherwise, there is a risk of the jar breaking during the water bath process. A jar breaking during water bath canning will eventually happen (even to the best of us), and it's never a good feeling, but it's inevitable. Unfortunately, all contents of the broken or cracked jar must be carefully disposed of and cannot be reused. Both methods of cold and hot packing result in sealing the jars via the boiling hot water bath method. It's important to always leave headspace in the jars (space between the top of the food/liquid and the rim of the jar); all canning recipes in this book will call for ¼ to ½ inch of headspace. The amount of space varies from recipe to recipe throughout the book. This extra space allows for expansion of the food in the jar during the sealing process. When packing jars with fruits and veggies, it's important to try and remove any air bubbles trapped within the contents of the jar before water bath processing, to reduce the risk of spoilage. I use a stainless-steel chopstick (or butter knife) to aid in removing bubbles when packing hot and cold packs.

The Process of Boiling

Water bath canning involves submerging filled jars in a boiling hot water bath. This process kills bacteria that might otherwise cause spoilage and creates a vacuum that removes air from jars and seals them tightly to prevent any outside contamination. This method of food preservation allows for long-term shelf storage without refrigeration.

In preparation for canning, always check the rims of jars to make sure there are no cracks or chips. These defects may cause the jars to break or not properly seal. Standard Mason jars and rings may be reused, but lids should always be brand new (unless using a brand with an all-glass lid, such as WECK). Per the USDA, high-acid preserves that are water bath canned 10 minutes or longer do not require sterilization. Every canning recipe in this book will be processed 10 minutes or longer, but all jars and supplies should be washed with soap

and hot water before use. I use a dishwasher to clean my jars; I leave them in the dishwasher to keep warm until I'm ready to fill them. If you do not have a dishwasher, you must heat your jars in a pot filled with warm water after washing. Keeping the jars warm will help avoid breakage of the jars from what is called "thermal shock" which can occur when there is a large temperature difference between the temperature of the jars and the food you fill the jars with. Thermal shock can also occur if the preserve is too cool when placing it into the hot water bath. The National Center for Home Preservation recommends submerging the jars in hot water, right-side up in the pot, with water one inch above the jars. Turn the heat up once submerged and allow the jars to simmer until you are ready to fill them with food. Use canning tongs to remove the jars from the water, cautiously dump the hot water back into the pot, and carefully set the jars on a clean towel and allow them to cool slightly. Use a small saucepan to gently simmer clean canning lids until they are ready to be used, then set them out on a clean towel or napkin prior to sealing the jars.

Fill the water bath canning pot with water and bring to a boil. Filling the water bath canning pot is one of the first steps I take when preparing to can because it can take quite a while for a large pot of water to heat up. (Tip: Add a splash of distilled white vinegar to your water bath canner to avoid calcium buildup on the inside of your canning pot.) This water will never touch the contents of your preserves. The size of jars being sealed will determine how much water to add to the canning pot. If using small half-pint, 8-ounce jars, the pot only needs to be filled up about halfway (depending on the height of the rack). You must keep in mind that once the jars are added to the pot, the water line will rise. You want the water to cover the submerged jars by about one inch when you begin the boiling water bath processing time.

After filling the jars to the recommended amount per recipe (either leaving ¼ or ½ inch of headspace), use a stainless-steel butter knife or other nonreactive tool to remove any air bubbles trapped within the jar (if needed). Next, use a slightly dampened lint-free towel or paper towel to clean the lip of the jar. Remove any droppings of food or liquid and wipe again with a dry paper towel. You want the area of the jar that the lid will lie on to be clean. Place the canning lid on the jar with the sealing side touching the jar and gently twist the ring over the lid. The ring should not be firmly tightened on the jar, but should be "just snug" or tightened until you begin to feel resistance. It is recommended to read the instructions that come with the canning lids if you have never canned before, to get a good idea of how much to tighten the lid. If the ring is tightened too much, it can cause the jars to break; on the other hand, if it is not tightened enough, the jar may not seal properly. Once the water bath is ready, use the canning tongs (jar lifter) to carefully transfer the jars into the hot water bath; make sure to keep the jar level. I have a habit of lowering the temperature of my water bath right before I add my jars. I canned for eight years without ever breaking

a jar and suddenly I broke three jars in the same canning session. I was devastated and confused as to why I was breaking jars when I never had before. Then it dawned on me by the third break that my new stove was running *much* hotter than my old one. So, to be on the safe side, once my water bath heats up to boiling, I turn it down just a little until it stops the hard rolling boil, then I put my jars in and turn the heat back up until it's a rolling boil again. Once the water bath starts a rolling boil (with the lid on the canning pot), begin the processing timer per recipe instructions.

Sea level plays a factor in how long jars will boil in the water bath. All recipes in this book are based on processing at an elevation of up to 1,000 feet above sea level. Anything over that will require more processing time. If you are 1,001 feet or more above sea level, please refer to the chart below and add minutes to processing time as needed.

1,001–3,000 ft.	Add 5 minutes to processing time
3,001–6,000 ft.	Add 10 minutes to processing time
6,001–8,000 ft.	Add 15 minutes to processing time
8,001–10,000 ft.	Add 20 minutes to processing time

Once the processing time ends, turn the heat to low and let the water settle down for a minute or two. Then, use the canning tongs/jar lifter to carefully lift the jars out of the hot water bath and transfer them to a towel-lined counter or table where they will not be disturbed for 12 hours. You will be tempted to tilt the jars to dump off the water when lifting them out of the hot water bath, but I discourage that. Though likely the preserves will successfully seal, even if you tilt the jars to pour off the water, there is a risk that you will tilt food/liquid into the sealing area and the jars will not successfully seal. Do not tamper with the lids or move the jars while they are cooling. Jars may not appear sealed immediately after being removed from the hot water bath. In fact, some may not seal for many hours after. That's why you must allow them to fully cool for at least 12 hours. I have to say this again in capital letters because so many people make this mistake: DO NOT TAMPER WITH THE LIDS OR MOVE THE JARS WHILE THEY ARE COOLING FOR THE FIRST 12 HOURS AFTER PUTTING THEM THROUGH THE WATER BATH. After 12 hours, remove the rings from the jars and test each jar to make sure they are sealed. If a jar does not seal after 12 hours, you can store it in the refrigerator.

Label your sealed canned goods with the date you made them, and store them in a dark, dry, and cool place. Keep the metal rings off the canned goods while they are in storage, and do not stack the jars. This is a precautionary procedure. On the off chance that your jars did not seal properly and the preserves start to decompose, you would know right away because

without a ring and without stacking the jars, if the preserve starts to go bad the lid would push off the jar, giving you a clear signal that things have gone awry. By storing canned goods with the rings on or by stacking them, the lids are forced on the jar, so if the preserve begins to go bad the trapped gasses could cause the jars to break.

We have an old well in our home that the previous owners covered and built wall shelves on to store canned goods. It's the perfect spot to keep canned goods; organized, dark, and cool. If you don't have a basement or a space like this, put them on the bottom shelf of a cupboard. Refrain from storing the jars up high, as heat rises. According to the USDA, it is best to store your goods between 50 and 70˚F. You do not want to display them in a location where they get direct sunlight. Sunlight can cause the color and flavor of your preserves to change, and it can also deplete nutrients from the canned goods. If you open a preserve after months of storage and things do not look right or smell right, use your best judgement and do not eat it. As my grandpa always says, "When in doubt, throw it out!"

Refrigerate all canned goods after breaking the seal. Fruit-based preserves will last two months after opening and vinegar-based preserves are best consumed within six months.

But what about the risk of botulism? Botulism is a life-threatening disease that is caused by ingesting the *Clostridium botulinum* bacteria. The bacteria grows in low oxygen environments; however, it cannot grow below a pH of 4.6. Acidic foods, or foods that have been acidified (like pickles, for example) can safely be preserved by following safe, trusted recipes. Each water bath canned recipe throughout this book has a pH below 4.6, and therefore are safe for home canning. Foods with a pH above 4.6 that are not acidified will need to be canned with a pressure cooker in order to reach high enough temperatures to destroy the *C. botulinum* spores.

Each recipe in this book has a suggested yield. The amount made per recipe can vary due to the size of fruits/vegetables used. I recommend cleaning and preparing one or two extra jars in case a recipe makes more than the suggested yield. Jars not full enough to be water bath sealed can be cooled and stored in the refrigerator in an airtight container and enjoyed.

To remove the lid from a sealed canning jar, you can use one of many options. Many bottle openers will have a can opener side (as pictured). Some can openers have a hook-shaped tool that is made to open jars as well. Otherwise, you can carefully use a butter knife or spoon to wedge under the lid to carefully pry the lid off, while securely holding onto the jar with your other hand so that the jar does not slip and spill out the contents.

FERMENTATION SUPPLIES

Before fermenting, run your supplies through the dishwasher or hand wash them with soapy, warm water. When fermenting with wooden fermenting supplies, no need to sterilize these tools or vessels. They generally don't require soap, so follow the care instructions that come with the particular product to learn the proper care techniques.

Salt: For the purpose of simplicity, accessibility, and affordability, every recipe in this book calls for coarse kosher salt. Sea salt is a great option for fermenting, but amounts vary due to the fine grain of the salt. If using an alternate salt option, refer to a salt conversion chart such as the one found at www.mortonsalt.com/article/salt-conversion-chart/. Iodized table salt is not recommended.

Water: The purest water you have available to you is the best option. I have a reverse osmosis system at home from which I use water quite often. Water with minerals such as iron could cause discoloration but typically works great. I've fermented with tap water for many years and I've always been successful with the water from the city where I live. Some chemicals added to city water could possibly cause an adverse reaction to the end product, but you may need to learn by trial and error to know if your tap water will work. If you are in a rural area and have well water as your main source, you can have the water tested to see if there has been any contamination. If you are unsure, store-bought water is also an option.

Common Fermentation Supplies

- A variety of 1-, 2-, 4-, and 8-cup measuring cups
- Measuring spoons in a variety of sizes
- Stainless-steel wide mouth funnel for filling jars with fermented foods
- Clean lint-free towels or paper towels
- A sharp knife
- Food-grade glass jars. I prefer regular mouth canning jars for most recipes. I use two main types of jars when I can/ferment. One is a standard Mason canning jar (in either quart or pint size) with a BPA-free lid and metal ring, and the other is a WECK jar, which is an all-glass jar with a rubber ring and glass lid. These jars also have two metal clamps that clip the jar shut, which keep outside contaminates from coming in, but allow

the gasses that build up during fermentation to release slightly, since there is a little bit of give in the clamps
- Cheesecloth (or other breathable cover) and rubber binders or metal jar rings if using a Mason-style canning jar
- A fermentation crock
- Weights to keep the produce pushed under the brine when fermenting in jars (Tip: Lids from smaller WECK jars make great weights for jar ferments.)
- Cutting board
- A vegetable shredder (optional, but helpful)
- A wooden kraut pounder/masher/damper (optional, but helpful)

There are many different fermentation vessels on the market as of late. It's great that the fermentation movement is rolling full bore, but the list of options can get overwhelming for beginners. For that reason, I use small crocks and jars for the recipes in this book. However, in my personal life I use a variety of styles and sizes of fermentation vessels because I prefer different vessels for different ferments. For example, for short-duration ferments, I like using jars, and for longer-duration ferments, I like using crocks or a jar setup with an air-lock. Just know that fermenting does not have to be complicated or expensive; Mason-style canning jars work just fine, especially when you are just starting out.

Mason-style jars are great for small-batch ferments for most fruit and vegetable recipes throughout this book.

Crocks come in all different shapes and sizes, but the crocks pictured are the ones I most commonly use in my daily life. Small crocks are great for testing out recipes before committing to a large yield, or for making small batches. Large crocks are wonderful for fermenting large batches (like when you find a deal you can't pass up on organic cabbage). Crocks with a water seal are my favorite because I feel that they have the least room for error. The lid protects against bug and dust contamination and keeps the air out. The water seal, when filled with water, creates a natural airlock that allows the carbon dioxide (which is naturally created during fermentation) to freely bubble out from the crock, while keeping outside contaminates and air from getting in. It's very hands-free in some regard because it does not have to be tended to as frequently as vessels without a water seal. Never use a reactive metal such as aluminum when fermenting. Food-grade plastic is a safe alternative, but the previously mentioned vessels are my preference. Check Resources (page 189) to see where to find crocks and other fermentation supplies like the ones referenced.

Some jars come with airlocks or have airlocks you can twist onto a standard home canning jar. Just fill the little airlock with water to the "fill" line and add it to the top of the jar lid. These types of jars do a fantastic job of keeping the ferment airtight and release the carbon dioxide without having to be "burped" on a daily basis, since the carbon dioxide can release freely while keeping air, dust, and bugs out.

I have a variety of WECK jars, which are all glass with glass lids; I use these jars for both canning and fermenting. I have found that the various sized lids are excellent weights. Even though they aren't super heavy, they *usually* do a fabulous job of holding down my small-batch Mason jar ferments. Sometimes I need to use two glass lids to create enough weight to keep the ferment under the brine.

The cabbage shredder and sauerkraut pounder/masher/damper are totally optional tools when making sauerkraut, but they make the process much easier. The shredder makes a nice thin shred of cabbage and exponentially speeds up the shredding process.

Throughout the cookbook, I suggest ways to ferment each recipe. I vary between using a Mason jar (sometimes with the canning lid and ring tightly twisted on and sometimes covered with a cheesecloth or other breathable cover), a fermentation crock, and occasionally a glass jar with an airlock. Please realize that everything can be fermented in a Mason-style canning jar, if that is what you have on hand, and everything could be fermented with a jar with airlock or in a crock as well. Please do not feel that you are required to ferment in the vessels noted: it's just a suggestion.

FERMENTATION PROCESS

Fermented fruits and vegetables are generally made at room temperature, and salt is often used to control the spoilage, as well as keep the produce crunchy. The type of fermentation used throughout this book is called lacto-fermentation, short for lactic acid fermentation and also known as wild fermentation. This means that we are not using any starter culture, whey, or additional bacteria to kick-start the process of fermentation, just using what is naturally occurring. During this process, the sugar is converted into lactic acid. The lactic acid is a natural preservative that allows the good bacteria (probiotics) to thrive, while keeping the bad bacteria at bay. The benefits of probiotic bacteria found in fermented foods are not comparable to commercially made supplements, because of the wide variety of bacteria found. Supplements have billions of the same few strains of bacteria, while fermented vegetables have a large variety of different strains, which is what a healthy gut biome needs. Because the fermentation process already starts to break down the food, fermented foods are easier for the body to digest, and the vitamins and nutrients are more readily available for our body to absorb. Plus, the tangy and sour flavor of fermented food cannot be compared to anything else because the process of fermentation creates a unique and delicious taste that cannot be mimicked.

Brine is the liquid added to a ferment (salt dissolved in water) or the liquid that is naturally created by adding salt to a vegetable (such as sauerkraut). Brine level plays a crucial role in the success of a ferment. The brine always needs to be over the fruit or vegetable that is fermenting by about ¼ inch and no more than 1 inch. This keeps air out of the ferment and prevents mold from forming. Low brine level is the main reason ferments go bad, so be adamant about checking the brine level daily, especially for those longer-duration ferments.

Headspace is the amount of room between the fermenting food or brine and the rim/lid of the jar or other fermentation vessel. Every vegetable fermented recipe in this book will call for 1 to 2 inches of headspace because as the produce ferments, carbon dioxide is released, producing small bubbles that can cause the fermented food to rise in the jar (or other vessel). It's important to check on your ferments every day or two to push the ferment back down and keep the brine level over the produce. Proper headspace also lessens the chance of your ferment bubbling over and causing a mess.

Remove floaters. If you notice small pieces of fruit, vegetable, or seasonings floating up to the surface and hanging out on the top of your brine, use a clean stainless-steel or wooden spoon to scoop out the floater. Floaters make the ferment more susceptible to mold if left, though I've found this isn't as common when I use an airlock system or crock with a water seal. If it is a short-duration ferment, 3 days or less, you do not have to worry about removing the floaters.

Temperature plays a big role in fermentation. As noted in all the fermented recipes in this book, 60°F to 75°F (15°C to 23°C) is the ideal range for proper fermentation. Keep in mind that the warmer the room is, the quicker fermentation will happen; and, adversely, the colder a room is, the slower the fruit or vegetable will ferment. I try to keep my house between 68°F and 72°F year-round as this is the hot spot range for ferments, in my opinion. I love kimchi more than anyone I've met, but I do not like making kimchi in the summer when the kitchen is warm because it ferments too quickly and tastes overly sour. This is a turnoff to me, but you may like it better that way. I make sauerkraut year-round, but in the summer, I ferment it for three weeks instead of the five weeks I do in the wintertime. If you do not have air conditioning, in the warmer months consider leaving a covered ferment in the basement (if you have one) or a cool corner of the house. You could always ask to keep your ferments at a friend's; I've done it for people!

Check on your ferments at least once a day for short-duration fermented recipes and every few days for long-duration ferments, such as sauerkraut. Check in on them to make sure the brine remains over the fruit/vegetables. Some recipes throughout the book require burping a ferment, which needs to be done daily or multiple times throughout the day. When checking on ferments, you are also looking to make sure no mold or yeast is developing.

Burping the ferment is required in a couple recipes throughout the book, such as the Fermented Cranberry-Orange Relish (page 125) and Cherry Tomatoes with Garlic and Fresh Basil (page 97). This is only required if you are tightening a lid on your fermenting jar. During the process of fermentation, carbon dioxide is produced and needs to be released to avoid gas buildup and jar breakage. Crocks with a water well/water seal keep air out of the crock and allow the gas to release on its own, which is very convenient and preferred for certain ferments like sauerkraut.

Cloudy brine and sediment are completely normal and a good thing! When your brine ferments start going through the fermentation process, the brine color will change from clear to cloudy. When you are fermenting beets, for example, the brine will turn a deep, dark purple. In some ferments, you'll see a white sediment on the ferment or at the bottom of the jar. This is all a normal part of the fermentation process, and a sign that things are going

just as they should. But watch for fuzzy mold, as it is unsafe. If found, the ferment should go into the compost.

Kahm yeast is a white, thin, powdery-looking film of yeast that grows on the surface of ferments. It's not harmful but has a strong flavor that most people do not like. If caught early, it's easy to remove by dabbing with a paper towel or scooping out with a spoon. If the yeast is mixed in with your brine, it can cause the taste of the ferment to change. Determine if the kahm yeast has spoiled your ferment by taste testing. The best way to avoid kahm yeast is to check on your ferments every couple of days and to follow the tips mentioned above.

Tannins are naturally occurring in grape leaves, raspberry leaves, oak leaves, and cherry leaves, and they help keep fermented pickles crunchy. Freeze a few leaves in order to always have them on hand when needed.

INCLUDE THE CHILDREN!

My daughter has liked to help in the kitchen since she was about eighteen months old. As she's grown, her ability to help has increased tremendously. She's been able to prepare a delicious batch of bone broth since she was five and can scramble eggs like the best of 'em! Here is a list of suggested tasks that children can do to help can and ferment. Little will they know they are learning priceless lessons about food preservation!

Ages 1–3

- Pour measured-out ingredients into jars/pots
- Rinse off fruits and vegetables
- Break apart cauliflower florets with hands for fermented Giardiniera (page 141)
- Taste and smell ingredients and seasonings
- Pick dandelion flowers for Dandelion Jelly (page 50)
- Pick seeds out of the pumpkin in Sugar Pumpkin Kvass (page 129) and fermented Butternut Squash (page 158)

Ages 4–5

- Stir salt into water to dissolve it
- Crank the handle of the apple peeler-corer
- Using a child-safe plastic serrated knife, children can cut soft fruits and veggies into pieces
- Use a cherry pitter to pit cherries (very fun!)
- Stir ingredients together
- Mash fruit, such as strawberries for Chunky Strawberry Sauce (page 42)

- Pound cabbage shreds into the crock using hands or a cabbage pounder
- Pick dandelion buds for fermented Dandelion Buds (page 53)
- Peel garlic

Ages 6+

- Use a real knife to carefully cut vegetables and fruit into uniform-size pieces
- Scrub produce clean, such as pickling cucumbers
- Measure out ingredients
- Read recipes
- Stir hot ingredients over stove
- Peel skin off beets for Grandma's Pickled Beets (page 98)

SPRING

Strawberry Rhubarb Jam 29
Rhubarb Apple Jam 30
Rhubarb Pickles 33
Garlicky Asparagus (canned) 34
Garlicky Asparagus (fermented) 37
Whole Cherries in Honey Syrup 38
Cherry Salsa 41
Chunky Strawberry Sauce 42
Strawberry Chutney 45
Spicy Sugar Snap Pea Pickles 46
Sugar Snap Pea Pickles 49
Dandelion Jelly 50
Dandelion Buds 53
Pickled Fennel 54
Fennel and Radish Slaw 57
Fiddlehead Fern Pickles 58
Fiddlehead Ferns 61
Garlic Scape Pickles (canned) 62
Garlic Scape Pickles (fermented) 65
Spicy Spring Onion Relish 66
Spring Onion Kimchi 67
Napa Cabbage Kimchi 68

NOTES

STRAWBERRY RHUBARB JAM

The combination of strawberries and rhubarb together is a duo like none other. The sweetness of the strawberries paired with the sour of the rhubarb is a match made in heaven. This jam is not only delicious smothered on a piece of toast, but it's also great mixed into plain yogurt, on top of pancakes, served with cream cheese and graham crackers (a perfect snack for kids and a household favorite) or on top of ice cream!

Yield: 3 pints or 6 (8-oz.) jars

- 5 cups (1½ lbs.) strawberries, stems removed, quartered
- 4 cups (about 6–8 stalks) rhubarb, chopped into ½-inch slices
- ¼ cup lemon juice
- 1 cup water
- 3 cups organic or non-GMO granulated sugar (or 2 cups honey)

Wash berries and rhubarb well. Once all berries are quartered, use a potato masher to break down the strawberries into a chunky consistency. Pour all ingredients into a large heavy-bottomed pot and mix well.

Bring mixture to a boil and reduce to a medium-high heat. Simmer 15 to 20 minutes and stir often to avoid burning the jam. Watch out for flyaway jam splatter—it hurts! If you have a candy thermometer, the temperature you want to reach for is 220°F. Once the sauce has thickened, turn the heat down to low. If the jam does not get hot enough, the result will be more of a sauce-like consistency versus a thick jam—with the same great taste. A win-win!

Ladle the hot strawberry rhubarb mixture into prepared jars and use a funnel to safely transfer the sauce, leaving ¼ inch of headspace. Wipe the rims of the jars with a clean, dampened, lint-free cloth or paper towel and once again with a dry towel, to remove any jam or liquid from the rim of the jar. Place the canning lid on the jar and twist on the canning ring until it's just-snug on the jar (not firmly tightened). Carefully transfer the jars into the water bath using the canning tongs and place the lid on the canning pot. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

RHUBARB APPLE JAM

The apple and rhubarb blend together seamlessly to create this delicious jam that can be enjoyed with cheese, bread, or pork dishes. Turn this into a fall flavor by adding ½ teaspoon ground cinnamon.

Yield: 3 pints or 6 (8-oz.) jars

- 5 cups (about 10 stalks) rhubarb, sliced into ½-inch pieces
- 3–4 (4 cups) organic apples, peeled, cored, diced
- 1 cup water
- ¼ cup lemon juice
- 2 cups organic or non-GMO granulated sugar

In a thick-bottomed pot, mix together all the ingredients and bring to a boil. Lower temperature to medium-high heat and simmer for 15 minutes. Stir often to avoid burning the jam. Be careful not to get burned by flyaway jam splatter—it hurts! If you have a candy thermometer, the "set temperature" you want to reach for is 220°F. Once the sauce thickens, turn the heat down to low.

Ladle the hot apple rhubarb mixture into prepared jars. Use a funnel to safely transfer the sauce, leaving ¼ inch of headspace. Wipe the rims of the jars with a clean, damp, lint-free cloth or paper towel and once again with a dry cloth, removing any jam or liquid from the rim of the jar. Place the lid on the jar and twist the canning ring on until it's just-snug on the jar (not firmly tightened). Carefully transfer the jars into the water bath using the canning tongs and place the lid on the canning pot. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-line surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

NOTES

RHUBARB PICKLES

The leaves of the rhubarb plant are poisonous; do not use them in the ferment.

Yield: 1 quart

5–6 ribs rhubarb, thin stalks are preferred as they are more tender
1 tsp. coriander seeds
1 shallot, quartered
1 bay leaf

Brine:

1 tbsp. kosher salt, dissolved in 2 cups of water

Wash the rhubarb stalks well and trim off the leaves and ends. Use the quart-sized jar to measure the length you want to cut your rhubarb. I recommend cutting it 2 inches below the top of the jar to leave headspace for the brine and weight.

Add the coriander seeds to the bottom of the jar, then carefully pack the jar with the rhubarb spears, shallot, and bay leaf. Be gentle with the bay leaf as you do not want it to crumble.

Pour brine over the rhubarb. Use a weight to hold the vegetables underneath the brine. Cover your jar or crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. If fermenting in a canning jar, instead of using cheesecloth, you can add the canning jar lid and screw the ring on tightly, and make sure to periodically "burp" the ferment to release built-up gas that is formed during fermentation. Store at room temperature, ideally between 60 and 75°F (15°C and 23°C). Keep out of direct sunlight.

This is a 2-week ferment. Be sure to check on the ferment every few days to make sure the brine remains over the rhubarb and that no mold or yeast forms. If the brine is low, use a clean finger or wooden utensil to press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar with the brine, and refrigerate.

NOTES

GARLICKY ASPARAGUS

These salty, garlicky spears make a wonderful alternative to any regular dill pickle. They are a beautiful addition to a relish platter and a perfect garnish in a Bloody Mary. Medium-sized asparagus spears are ideal for this recipe. The skinny spears risk becoming too tender and the thick spears take up a lot of room in the jars.

Yield: 2 quarts

3 lbs. fresh asparagus
8 cloves garlic, quartered
2 tsp. dried dill seeds
2 tsp. yellow mustard seeds
2 tbsp. red pepper flakes (optional)

Brine:

3 cups (5 percent acidity) distilled white vinegar
3 cups water
¼ cup pickling salt

Clean the asparagus thoroughly, trim off the ends to fit the canning jar (cut to about 6 inches if using a quart jar). Ball brand makes a tall glass jar that is great for asparagus. WECK jars is another brand I often use when pickling asparagus because they offer all-glass cylindrical jars in various sizes, which is a perfect asparagus canning jar. Basic canning quart jars will work just as well, but you'll have to trim off much of the spears that would otherwise be pickled. If taller jars are used, prepare more brine to fill the larger jars.

In a nonreactive pot, bring the brine ingredients to a boil and reduce to a gentle simmer once the salt has dissolved. Divide the garlic, dill seeds, mustard seeds, and pepper flakes (optional) between the prepared canning jars. Pack the jars with asparagus as tightly as possible, without bruising or damaging the spears. If you do not pack the jars well, you will end up with jars full of brine, with floating spears.

Ladle the hot brine over the spears and use a funnel to safely transfer the brine into the jars. Leave ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel and place the canning lid on. Twist the canning ring on until it's just-snug on the jar (not firmly tightened). Carefully transfer the jars into the water bath using the canning tongs and place the lid on the canning pot. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Though the asparagus will have immediate flavor, they are best if they pickle for 4 weeks or longer before tasting. Store in the refrigerator after breaking the seal.

GARLICKY ASPARAGUS

Children may not like roasted or grilled asparagus, but I've never had one turn down a fermented garlic asparagus pickle!

Yield: 1 quart, or taller jar if you'd like to keep them mostly whole

1½ lbs. asparagus, uniform in thickness if possible
½ tsp. dried dill seeds, or a sprig of fresh dill
½ tsp. yellow mustard seeds
1 bay leaf
2 cloves garlic, halved

Brine:

1 tbsp. kosher salt, dissolved in 2 cups of water

As with water bath canned asparagus, I prefer to use medium-sized spears. Clean the asparagus thoroughly and trim off the ends to fit into your jar/fermentation vessel, leaving 1 to 2 inches of headspace. Add dill and mustard seeds to the bottom of the jar and pack the jar with the asparagus. Gently tuck the bay leaf and garlic within the spears.

Pour the brine over the asparagus and add a weight to hold the vegetables under the brine.

Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. If fermenting in a canning jar, instead of using cheesecloth, you can add the canning jar lid and screw the ring on tightly, and make sure to periodically "burp" the ferment to release built-up gas that is formed during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep fermentation vessel out of direct sunlight.

This is a 5- to 8-day ferment. Check on the ferment daily. If the brine is not covering the tips of the asparagus, be sure to push the weight down to bring the brine level back over the vegetable. Once fermentation is complete, store in an airtight glass jar and refrigerate (brine included).

Recipe Variation: Basic Garlicky Asparagus

2 cloves garlic

Brine:

1 tbsp. kosher salt, dissolved in 2 cups of water

Follow the recipe as written, but just add the two cloves of garlic to the bottom of the jar and omit other ingredients. Pack it up with asparagus—so simple but so delicious!

WHOLE CHERRIES IN HONEY SYRUP

These cherries are fantastic straight from the jar, but are also tasty garnishes in cocktails and wonderful additions to yogurt, smoothies, ice cream, and oatmeal. Sweet or sour cherries can be used for this recipe. If using a sour cherry, consider making the heavier, sweeter syrup variation of the recipe. If you are using a sweet cherry, consider using the lighter variation.

Yield: 4 regular-mouth jars

1 lb. cherries, stems removed, pitted (A cherry pitter speeds up the process exponentially and is fun to use! Cherry pitters are easy tools for children to manipulate and do not have any sharp, knife-like parts.)

Light syrup:

2 cups water
¾ cup honey

Heavy syrup:

2 cups water
1½ cups honey

Prepare cherries. In a heavy-bottomed saucepan, heat water and honey over medium-high heat until the honey is dissolved. Simmer for 5 minutes. Pack jars with the cherries.

Ladle the hot syrup over the fresh cherries. Use a funnel to safely transfer the syrup into the jar and leave ½ inch of headspace. Check for pockets of air trapped between the cherries, syrup, and the glass jar. Use a stainless-steel butter knife or other clean tool to remove air bubbles. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel. Place the canning lid on each jar and twist the canning ring on until it's just-snug on the jar. Carefully transfer the jars into the water bath using the canning tongs and place the lid on the canning pot. Once the water has reached a rolling boil, start the timer and process in the water bath for 25 minutes. Carefully remove jars from the water bath with the canning tongs and place them on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

Sugar Syrup Variation

Light:

2 cups water
1 cup non-GMO or organic granulated sugar

Heavy:

2 cups water
1½ cups non-GMO or organic granulated sugar

NOTES

CHERRY SALSA

This salsa is a lovely sweet and spicy springtime treat for a variety of occasions. It's a great accompaniment to chips or on tacos, but my favorite is on top of scrambled eggs!

Yield: 1 quart

- 3 cups cherries, deseeded, chopped
- 1 jalapeño, chopped (omit seeds and membranes if you want less spice)
- 1 cup cilantro, chopped
- 1½ tsp. (about 1 lime) fresh lime juice
- ⅓ cup red onion, finely chopped
- 1 tbsp. kosher salt

Mix the prepared ingredients together, pack into a clean quart jar or fermentation vessel of choice, and weigh down mixture with a weight. Make sure the juices completely cover the chopped mixture.

If using a canning jar, tightly screw on a canning lid and ring. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep ferment out of direct sunlight.

Fruits do not take as long as vegetables to ferment. Taste test this recipe after 24 hours to determine if you'd like to ferment another 12 or 24 additional hours. I prefer the flavor after fermenting for 36 hours. Once fermentation is complete, store in an airtight glass jar and refrigerate for up to two weeks.

NOTES

CHUNKY STRAWBERRY SAUCE

Strawberry sauce is a great addition to an ice cream sundae, pancakes, waffles (mixed into the batter), stirred into yogurt, or added to lemonade on a hot summer day.

Yield: 2 pints

2 lbs. strawberries, stems removed, quartered
4 cups non-GMO or organic granulated sugar
¼ cup lemon juice

In a wide bowl, use a potato masher to crush strawberries in batches until you have 3 cups of mashed berries. Leave strawberries more intact if you prefer more chunkiness.

In a heavy-bottomed, nonreactive pot, mix together the strawberries, sugar, and lemon juice. Stir over low heat until the sugar is dissolved, then increase the heat to high and bring the mixture to a full rolling boil. Be sure to stir often to avoid burning the mixture. Continue stirring and cooking for 15 minutes so the liquid can cook down into a thicker sauce-like consistency.

Ladle the sauce into a prepared jar. Use a funnel to safely transfer the sauce, leaving ¼ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and once again with a dry towel to remove any sauce or liquid from the rim of the jar. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Carefully transfer the jars into the water bath using the canning tongs and place the lid on the canning pot. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and make sure all lids are securely sealed onto the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

NOTES

STRAWBERRY CHUTNEY

We love Jamaican jerk seasoning in our family. We grill jerk chicken, pork, ribs, and even tofu throughout the year. A condiment that greatly compliments this spicy food is chutney. This sweet and savory condiment is the perfect addition to not only a variety of proteins but also on top of cream cheese and crackers.

Yield: 1 pint

2 cups fresh, organic strawberries, stems removed
1 cup (about ½ of 1 whole) chopped red onion
¼ cup raisins, red or golden
¼ cup dried apricots
1 tbsp. (about 1-inch piece) fresh ginger root, peeled
1 clove garlic
1 tbsp. raw honey
2 tsp. unpasteurized apple cider vinegar
½ tsp. kosher salt

Put all ingredients in a food processor and pulse until it reaches the consistency you desire. I prefer the raisins and apricots to retain chunkiness. Transfer mixture into a clean pint jar or other fermentation vessel. The chutney is full of flavor immediately, but as it ferments, the intensity of the onion will fade, and it turns into a delicious ferment.

Place the canning jar lid on the jar and screw on the ring tightly. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Daily: open the jar, stir up the mixture, push down the chutney, place the lid on the jar, and screw the ring back on. Keep out of direct sunlight.

Ferment 2 to 4 days. I recommend taste testing it daily to see how the flavor changes during the fermentation process. Once fermentation is complete to your liking, store in an airtight glass jar and refrigerate for up to 2 weeks.

NOTES

SPICY SUGAR SNAP PEA PICKLES

These spicy veggies are a great addition to any dish that could use a little extra crunch and spice! Regular-mouth canning jars are recommended for this recipe, as the rounded shoulder design helps keep the vegetables pushed down.

Yield: 2 pints

1–1½ lbs. sugar snap peas
1 carrot, peeled, diced, or julienned
2 jalapeño peppers, sliced
4 cloves garlic, chopped

Brine:

2 cups (5 percent acidity) distilled white vinegar
1 cup water
2 tsp. canning salt

Wash the pea pods, trim off the ends, and remove the stringy portion. Cut the pea pods into thirds, making bite-sized pieces. Mix together the chopped-up peas, carrots, jalapeños, and garlic.

In a medium sized, nonreactive saucepan, bring the brine ingredients to a boil and simmer for 3 minutes.

Pack the prepared jars full of the vegetables and use a funnel to safely transfer the brine into the jars. Leave ½ inch headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Add the jars to the water bath and cover with the lid. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place the jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars.

Allow the flavors to meld for at least two weeks before opening. The longer they sit, the spicier they'll get. Store in the refrigerator after breaking the seal.

NOTES

SUGAR SNAP PEA PICKLES

Sugar snaps are abundant in the spring and early summer. Fermenting them is a great way to preserve them well into the wintertime. The peas keep their lovely crunch and can be eaten from the jar, enjoyed as a dill pickle replacement, or used to cook with.

Yield: 1 quart

1 lb. fresh sugar snap peas
4 cloves garlic, halved

Brine:

1 tbsp. kosher salt, dissolved in 2 cups water

Wash sugar snap peas and remove any bruised or flawed areas. Snap off or cut away the ends and stringy portion of the peas but keep the pods.

Pack a clean quart jar with the peas, fitting them in as tightly as possible. Add the garlic cloves in the middle of the jar. After the jar is packed, pour the brine over the peas, submerging them completely. Leave about 1½ inches of headspace to fit a weight. Cover the ferment with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. If fermenting in a canning jar, instead of using cheesecloth, you can add the canning jar lid and screw the ring on tightly, and make sure to periodically "burp" the ferment to release built-up gas that is formed during fermentation.

Check on the ferment daily to make sure the brine remains over the peas and that no mold or yeast forms. If the brine is low, press down the weight to bring the brine back over the ferment. This is an 8-day ferment. Once fermentation is complete, store in an airtight glass jar and refrigerate (brine included).

NOTES

DANDELION JELLY

Dandelions are considered by many to be a nuisance that takes over the yard. Surprisingly, there are many uses for dandelions and their greens in the kitchen! Wine and tea can be made with the blossoms; the blooms can also be battered and fried to make a quick appetizer. The greens can be added to salads, homemade pizza, or even made into a pesto. Whether you find dandelions in your yard or in an open field, please make sure they come from a pesticide-free and fertilizer-free area. I harvest them from my yard and my neighbors' yards—I've never had anyone turn me down when I show up and ask to pick their dandelions! The best time to pick dandelion flowers is during a nice and sunny part of the day. The flowers open big, and it's easier to remove the petals this way. Also, little kids are awesome helpers and are happy to make a game out of quick flower harvesting.

Yield: 2 (8-oz.) jars

- 1 cup (about 100 flowers) dandelion petals
- 1¾ cups water
- 1 cup honey or 2 cups organic or non-GMO sugar if you prefer a stiffer jelly
- 1½ tsp. lemon juice

Once you have collected the dandelions, wash them and remove their stems so that only the flower remains. The green base of the flower needs to be removed; the yellow petals will be saved for the jelly. The easiest way I found to remove the petals is to rip the base of the flower, open the flower up, pick out the yellow petals, and put them into a measuring cup. It is nearly impossible to not get some of the green portion mixed in with the petals because your fingers will become sticky. A little green mixed in will not affect the flavor, but do your best to separate the two.

Next, in a medium sauce pan, add the dandelion petals to water and simmer for 10

Remove the petals from the green base.

Simmer and let cool overnight.

minutes. Let the pan cool, transfer to a glass bowl, and cover for the night. The dandelion mixture can be left at room temperature.

After the petals have soaked overnight, use a fine mesh strainer to separate the dandelion liquid from the petals. Use the back of a spoon to press the petals into the strainer to remove additional liquid from them. In a medium-sized, nonreactive saucepan, heat the dandelion liquid, honey or sugar, and lemon juice and bring to a boil. Follow the package directions for adding pectin. Once pectin has been added in, turn off the heat and begin the next step.

Strain the petals from the liquid.

Ladle the hot jelly into warm prepared jars. Use a funnel to safely transfer the jelly, leaving ¼ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free towel or paper towel and again with a dry towel. Place the canning lid on the jar and twist the ring until it is just-snug on the jar. Place the jars in the water bath canner and cover with the lid. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place the jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all the lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

DANDELION BUDS

These little flavor bombs can be used as a replacement for capers. The bud of the dandelion is a small, green, unopened bud that is often found very close to the ground within the leafy area of the dandelion plant. They pinch off very easily if you give them a little twist while pulling.

Yield: 1 pint

2 cups dandelion buds
2 cloves garlic, halved
½ small onion (optional)
2 sprigs fresh thyme (optional)

Brine:

½ tbsp. kosher salt dissolved in 1 cup water

Harvest 2 cups of dandelion buds and soak them in cold water for a few minutes, stirring them around with your hand to remove any dirt or bugs that may have hitched a ride. Rinse and repeat this process until the buds are clean and the water runs clear. Remove stems and discard any buds that are semi-open and showing yellow petals. You only want to ferment the tightly closed little green buds.

Pack the buds, garlic, and optional ingredients into a pint jar and cover with brine until the buds are completely submerged. Use a weight to hold the buds under the brine. Use a canning jar lid and ring to tightly close the jar to keep the air out. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Be sure to check on the ferment daily and "burp" the jars to release the carbon dioxide that is created during fermentation. This is a 5-day ferment. Once fermentation is complete, store in an airtight glass jar and refrigerate (brine included).

NOTES

PICKLED FENNEL

When it comes to this pickle, it is best served over a fish entrée, mixed into a salad, or topped on a sandwich.

Yield: 2 pints or 4 (8-oz.) half-pints

1 fennel bulb, fronds removed, thinly sliced
½ yellow onion, thinly sliced
1 tsp. dried basil
2 tsp. whole black peppercorns
2 tsp. yellow mustard seeds

Brine:

2 cups (5 percent acidity) distilled white vinegar
1 cup water
1 tbsp. canning salt
2 tbsp. lemon juice

Wash fennel and cut away any bruised or damaged areas. Thinly slice the fennel and onion.

In a nonreactive pot, bring the brine ingredients to a boil, add the fennel and onion, bring back to a boil, and simmer for 3 minutes. Divide the basil, peppercorns, and mustard seeds between the prepared jars.

Ladle the hot fennel and onion mixture into the jars, using a funnel to safely transfer the mixture. Leave ¼ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on each jar and twist on the ring until it's just-snug on the jar. Place the jars in the water bath canner and cover with the lid. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place them on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Let the flavors of the pickled fennel meld for at least 2 weeks before opening. Refrigerate after breaking the seal.

NOTES

NOTES

FENNEL AND RADISH SLAW

This lovely colored pink slaw was a total experiment that turned into a favorite side to many meals in our household. The flavors meld together wonderfully.

Yield: 1 quart

1 fennel bulb, fronds removed, sliced
2 unpeeled watermelon radishes, thickly julienned
2 stalks celery, chopped
2 unpeeled carrots, grated
½ onion, thinly sliced
1 tbsp. kosher salt

Scrub the veggies and remove the ends and any bruised or damaged skins. There isn't a *right* way to chop up these vegetables, but the suggested techniques listed in the left-hand column are the way I prefer to chop them.

In a large, nonreactive bowl, mix the salt with the prepared veggies and pack them into a glass jar or crock, pushing down the mixture with your hands or a tamping tool, but be sure to leave 1 to 2 inches of headspace for the brine and weight. Within an hour or two, the natural liquid from the vegetables should release enough brine to cover the vegetables. If there is not enough brine to cover the vegetables, mix extra brine (1 tablespoon dissolved in 2 cups water) and add it to the jar/crock until the vegetables are submerged by at least ¼ inch of brine and no more than 1 inch. Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. If using a jar to ferment, you can also add the canning jar lid and tighten the ring, instead of cheesecloth. But adding the lid will require you to "burp" the jar daily to release the built-up gas that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 3-week ferment. Check on the ferment frequently to make sure the brine remains over the veggies and that no mold forms. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar and refrigerate (pour any extra brine in the jar as well).

FIDDLEHEAD FERN PICKLES

These unique-looking curly cuties are briefly available in the spring. I have seen them for sale at the farmers' market a few times over the years, and they are occasionally available at the co-op. They can be a bit hard to come by, but they are so delectable, which is why I encourage you to keep your eye out for them. They can be mail-ordered from the East Coast if you cannot find them in your area. Fiddleheads are not the same ferns that many have growing in their yards. In fact, some varieties found in our yards are toxic. Be sure that if you decide to forage for fiddleheads, you know exactly what you are looking for. Regular-mouth jars are recommended, as their design helps keep the fiddleheads packed together and pushed down.
In addition to being delicious when pickled, fiddlehead ferns are incredibly good sautéed with butter and garlic. I urge you to buy extra to cook up after you've canned and fermented a couple jars.

Yield: 4 pints

1 lb. fiddlehead ferns (much will be discarded after trimming)
4 cloves garlic, sliced
2 tsp. dill seeds
2 tsp. yellow mustard seed

Brine:

4 cups (5 percent acidity) distilled white vinegar
4 cups water
½ cup pickling salt

It is important to clean the fiddlehead ferns well and remove any of the brown, dry areas attached to the ferns. Cut off the ends and set aside any ferns that don't look green and fresh; you can cook those less-than-perfect ones later for a snack.

Once cleaned, fill up a pot or bowl with ice and cold water and let the fiddleheads soak for 1 hour. Strain and rinse with cold water.

Bring a medium sized pot of water to a boil and blanch the fiddlehead ferns. Wait for the water to begin to boil, then start the timer for 2 minutes. Drain and add the fiddleheads to an ice bath until cooled.

In a nonreactive pan, bring the brine ingredients to a boil for 5 minutes, then reduce heat to a low simmer.

Divide the garlic, dill seeds, and mustard seeds between the prepared jars. Pack the jars with fiddleheads as tightly as possible without bruising or damaging them. The fiddleheads will shrink up during the water bath process, so in order to avoid having a jar full of brine, be very intentional about packing the jar as well as you are able.

Ladle the hot brine over the fiddleheads. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Place the jars in the canning pot and cover with the lid. Once the water bath has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed and label and date the jars.

Though the fiddleheads will have immediate flavor, they are best if they pickle for 4 weeks or more before opening. Refrigerate after breaking the seal.

NOTES

FIDDLEHEAD FERNS

Fiddlehead ferns have a bad rep for causing foodborne illness when consumed raw or undercooked. Though the process of fermentation does change the fiddlehead, I found it important to make note of this. According to the University of Maine, symptoms of eating raw or undercooked fiddleheads can include diarrhea, nausea, vomiting, abdominal cramps, and headaches generally within 30 minutes to 12 hours after consumption. That being said, a lot of people disagree that they have any harmful effect; they believe the illness could be caused by E. coli from the farm or other exterior nuisances. Please make sure they are properly cleaned before eating. Take this information and use your best judgement now knowing the risks. If you see it as too much of a risk, stick to canning them.

Yield: 1 quart

½ lb. fiddlehead ferns (much will be discarded after trimming)
2 cloves garlic, sliced
1 bay leaf

Brine:

1½ tbsp. kosher salt, dissolved in 3 cups water

It is important to clean the fiddlehead ferns well and remove any of the brown, dry areas that are attached to the ferns. Trim the ends.

Fill the jar with the garlic and bay leaf. Pack the jar with fiddleheads and leave 1 to 2 inches of headspace in the jar for a weight. Add the brine to the jar until the fiddleheads are completely submerged. Add a clean weight to keep the brine over the fiddleheads.

Cover jar with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, add the canning jar lid and tightly screw on the ring. If you add the lid, you will need to "burp" the jar daily to release the built-up gas that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is an 8- to 12-day ferment. Be sure to check on the ferment daily to make sure the brine still remains over the fiddleheads and that no mold or yeast forms. If the brine is low, press down the weight to bring the brine back to the top of the ferment. Taste after 8 days to determine if the fiddlehead has a sour enough flavor to your liking. If not, allow to ferment a couple more days and taste again. Repeat until the desired flavor is reached. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

GARLIC SCAPE PICKLES

Because of their brief appearance in the spring, their great flavor, and my garlic addiction, I love having canned scapes on hand to use throughout the year. Pickled scapes are fabulous when added to a sandwich, cut up in a salad, or even tossed into a cocktail as a garnish. I have seen them in abundance at farmers' markets around the states, and occasionally, even at the grocery store. Fresh garlic scapes are phenomenal when lightly oiled, salted, and grilled for a minute or so on each side. They make a unique and fun finger food for all ages to enjoy.

Yield: 2 pints

3 bundles thin scapes (thinner scapes are more tender, while thick ones tend to be chewy)
2 cloves garlic, sliced
2 tsp. yellow mustard seeds

Brine:

2 cups (5 percent acidity) distilled white vinegar
2 cups water
1 tbsp. canning salt

Wash the scapes and trim off the tough ends (typically, the bottom couple of inches). They tend to have a natural point of breakage, similar to asparagus. You can either leave the flower bloom on or trim it off; that is up to you. It will not affect the flavor one way or the other to leave the bloom on.

In a nonreactive pan, bring the brine ingredients to a boil, stirring until the salt is dissolved, then reduce heat to a low simmer. Divide the garlic and mustard seeds between the prepared jars.

To pack the jars, you can either chop up the scapes into pieces or do as shown in my photo and wrap them into circles. I think it gives the jar a very beautiful and unique look to wrap them in the jar. To do this, just wrap a few scapes at a time around your fingers and carefully place them in the jar.

Ladle the hot brine over the scapes. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and once again with a dry towel. Place the canning lid on and twist the canning ring on until it's just-snug on the jar. Place the jars in the water bath canner and cover with the lid. Once the water bath has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed and label and date the jars. Allow scapes to pickle for 2 weeks before tasting. Store in the refrigerator after breaking the seal.

NOTES

GARLIC SCAPE PICKLES

Fermented scapes are great, but I feel like a little of the garlic flavor is lost during both fermentation and water bath canning, so I like to add extra garlic. As with pickled scapes, fermented scapes are great on sandwiches, in salads, or used as a cocktail garnish.

Yield: 1 quart

3 bundles thin scapes (thick ones tend to be chewy)
1 clove garlic, crushed

Brine:

1 tbsp. kosher salt, dissolved in 2 cups of water

Wash the scapes and trim off the tough ends; typically, the bottom couple of inches. They tend to have a natural point of breakage, similar to asparagus. You can either leave the flower bloom on or trim it off; that is up to you. It will not affect the flavor one way or the other to leave the bloom on.

To pack the jars, you can either chop up the scapes into pieces or do as shown in my photo and wrap them into circles. I think wrapping them up gives the jar a very beautiful and unique look. To do this, just wrap a few scapes at a time around your fingers and carefully place them in the jar. Cut up any extra scapes and shove them down the middle of the jar to pack it as much as possible, but leave 1 to 2 inches of headspace in the jar.

Once the jar is packed, pour the brine over the scapes. Use a weight to hold the scapes underneath the brine. Cover the jar or crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if fermenting in a jar, you can add the canning lid and tighten on the ring. If adding the lid, you must "burp" your ferment daily to release any built-up gas that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). If you are using a clear jar, keep out of direct sunlight.

This is a 2-week ferment. Check on the ferment daily to make sure the brine remains over the scapes and that no mold or yeast forms. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

Bonus Recipe: Garlic Scape Spread

Parmesan cheese
Olive oil
Pepper

Purée canned or fermented scapes in a food processor with Parmesan cheese, olive oil, and pepper. Toss the mixture with pasta or zucchini noodles, and you will have a quick and delicious meal you'll dream about. It's also a flavor-packed spread for Italian-style sandwiches!

SPICY SPRING ONION RELISH

This zesty relish brings everything to life. Enjoy it as a chili topping, on eggs, over fish, or even on a burger. The opportunities are endless for this flavorful condiment! Spring onions are visually similar to scallions but are thicker and have a more bulbous white end. If you use scallions for this recipe instead of spring onions, you will likely need to double the number of scallions that you will need to use due to size difference.

Yield: 2 pints

4 bundles (about 12–16 stalks) spring onions
1 jalapeño, thinly sliced
½ tsp. celery seeds
½ tsp. mustard seeds

Brine:

2 cups (5 percent acidity) distilled white vinegar
2 cups water
¼ cup pickling salt

Clean the spring onions by cutting off the root and green ends and peeling back the thin outer layer; just the white portion of the onion is used in this recipe. Very finely slice the onions with a sharp knife or mandoline.

In a nonreactive pan, bring the brine ingredients to a boil for 3 minutes, then reduce to a low simmer.

Mix onions, jalapeños, celery seeds, and mustard seeds in a bowl until all ingredients are evenly mixed. Pack two jars with the onion mixture. Press the onions down firmly in each jar without smashing them. Try and pack as much as you can into each pint; lightly filled jars will result in a jar full of brine.

Ladle the hot brine over the onion mix. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and once again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it fits just-snug. Once the water has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all the lids have securely sealed onto the jars, then label and date the jars. Allow flavors to meld for at least 2 weeks before tasting. Store in the refrigerator after breaking the seal.

SPRING ONION KIMCHI

Kimchi is by far one of my favorite things in the world to eat and has been since I was just a toddler. These fermented spring onions can be eaten as a snack, added to any meal as a side dish, or eaten over a bowl of rice.

Yield: 1 quart

- 4 bunches (about 35 stalks) spring or green onions
- 2 tbsp. kosher salt
- 4 cloves garlic
- 1-inch piece fresh ginger, skin removed
- 1 tbsp. Red Boat fish sauce or other fish sauce without MSG and preservatives (omit if you want vegan kimchi)
- ½ cup coarse hot pepper flakes (gochugaru)

Wash spring onions, cut away the roots, peel the outer thin layer, and remove any old or damaged-looking green portions around the onions. When onions are clean and prepped, rinse again with cold water.

Place onions in a glass dish such as a Pyrex brand 9 x 13-inch baking dish. Sprinkle salt over onions. Use hands to mix salt evenly around onions and let sit for 2 hours. Mix onions after 1 hour. After 2 hours, rinse the salt away with cold water and let drain in a colander.

In a food processor, add garlic, ginger, and fish sauce and pulse until puréed. Transfer the mixture into a medium bowl and add the hot pepper flakes. Mix well.

In another large glass dish such as the Pyrex brand 9 x 13-inch baking dish, add the rinsed onions and pepper mixture. Cut onions into 2-inch chunks. Coat the spring onions thoroughly with the mixture and mix again. Transfer the onions smothered in the kimchi base into a clean jar or other fermenting vessel of choice. Pack the onions in well, but leave about 1 inch of space from the onions to the rim of the jar.

Cover each jar or crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if fermenting in a jar, you can also add the canning jar lid and screw on the ring tightly. If you add the lid, you will need to "burp" the ferment daily to release any built-up gas that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Ferment at room temperature for 2 days, transfer to an airtight container, and transfer to the refrigerator. The onion mixture will continue to slowly ferment in the fridge. You can eat the ferment at any point, but the flavors will continue to transform, ideally being best around the two-week mark.

NAPA CABBAGE KIMCHI

The kimchi base of this recipe can be applied to cucumbers or green beans to make other variations of delicious kimchi.

Yield: 3 quarts

2 heads Napa cabbage
¼ cup kosher salt
6 cloves garlic
2-inch piece ginger or more if desired, peeled
1 medium onion (about 1 cup, chopped)
2 tbsp. Red Boat fish sauce or other fish sauce without MSG and preservatives, optional
¾ cup coarse hot pepper powder (for a spicier kimchi, mix 1 tbsp. of cayenne pepper into the hot pepper powder)
5 green onions, cut into 1-inch pieces

Coarse hot pepper powder (gochugaru)

Wash the cabbages well between each leaf with cold water. Cut each cabbage in half lengthwise and rinse again. Cut slits into the core of the cabbage so that the salt can penetrate and soften the hard core. Sprinkle salt in between each leaf and gently massage the salt into each leaf. The salt not only gives the cabbage flavor, but also tenderizes it. Once the cabbage is evenly salted, place it in a large nonreactive container, such as a large stainless-steel pot or glass bowl. Let the salted cabbage sit for 2 hours, then turn it over and let it sit for 2 more hours. During this time, the cabbage will start to wither, and a natural brine will develop. After 4 hours of salting, rinse the cabbage off with cold water 3 to 4 times to remove the excess salt and set aside.

Use a food processor to purée the garlic, ginger, onion, and fish sauce together. Add this mixture to a bowl and add in the coarse pepper powder. Combine ingredients and mix well. Clean the green onions by removing the root ends and the thin outer layer of the onion. Cut onions into 1-inch pieces and add to the hot pepper mixture. Stir ingredients together. Take the rinsed Napa cabbage and cut it into bite-size pieces. Try to keep the pieces similar in size so that the cabbage evenly ferments. Once all cut, add the cabbage to the hot pepper kimchi base. Mix well.

Transfer kimchi into clean quart jars or another fermentation vessel of choice and leave 2 inches of headspace so the jars do not overflow during fermentation. If using a canning jar, tightly twist on the canning lid and ring to keep the air out. You must burp the jars daily by opening the jar, pushing down the kimchi, and allowing any excess carbon dioxide to escape.

I recommend taste testing daily to see how the flavor changes during the fermentation process. I personally think the flavor is best on day 3, but I normally let it ferment the full 7 days. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. This is a 5- to 7-day ferment. Store in airtight containers and refrigerate once fermentation is complete.

SUMMER

Spicy Pickled Carrots 72
Garlicky Carrot Pickles 74
Pickled Jalapeño Slices 76
Jalapeño Sauce 78
The Perfect Garlic Dill Pickle 80
Pickles 84
Polish Dill Pickles 87
Sriracha Garlic Cloves 88
Garlic Spread 90
Grandpa's Homemade Spaghetti Sauce 92
Cherry Tomatoes with Garlic and Fresh Basil 97
Grandma's Pickled Beets 98
Pickled Beets 101
Beet Kvass 102
Pickled Green Beans 105
Green Beans 106
Green Tomato Salsa (canned) 107
Green Tomato Salsa (fermented) 108
Watermelon Rind Pickles (canned) 111
Watermelon Rind Pickles (fermented) 112
Pineapple Zucchini 113
Zucchini-Carrot Relish 114

SPICY PICKLED CARROTS

These carrot pickles retain a nice crunch after processing. Cut them into spears, round coins, or use a crinkle cutter if you prefer; in the end, they will all end up with the same great flavor.

Yield: 3 pints

1 lb. carrots
6 cloves garlic, sliced
3 tsp. yellow mustard seeds
3 tbsp. red pepper flakes or hot peppers, sliced

Brine:

2 cups (5 percent acidity) distilled white vinegar
2 cups water
¼ cup pickling salt

Clean the carrots, trim off the ends, and peel them. It is preferable to use thin or medium-sized carrots when making carrot pickles. If you only have large carrots available, halve and/or quarter them lengthwise. Cut them to fit in the jar, which is about 4 inches if you are using pint jars. Consider using a colorful variety of carrots to liven up the look of the jars.

In a nonreactive pan, bring the brine ingredients to a boil, keep at a high simmer 3 minutes, then reduce to a low simmer. Divide the garlic, mustard seeds, and pepper flakes or hot peppers between the jars. Pack the jars with carrots.

Ladle the hot brine over the carrots. Use a funnel to safely transfer the brine into each jar, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning jar lid on each jar and twist on the canning ring until it is just-snug. Cover the canning pot, and once the water bath has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all the lids are securely sealed onto the jars, then label and date the jars. Allow the carrots to pickle for 4 weeks before tasting. Store in the refrigerator after breaking the seal.

GARLICKY CARROT PICKLES

These garlicky carrots taste great as a snack, a side dish, cut up, or shredded into salads, and, of course, in a Bloody Mary. From my experience, fermented carrots frequently get kham yeast. This is common with high-sugar vegetables, so be attentive to this during the fermentation process. If you see any yeast growing, use a paper towel to carefully dab it out of the brine.

Yield: 1 quart

1 lb. carrots
4 cloves garlic, crushed
Optional: to make this ferment spicy, add 1 halved jalapeño or other spicy pepper and pack into each jar

Brine:

1 tbsp. kosher salt dissolved in 2 cups water

Wash carrots and trim off the ends. No need to peel; the skin on the carrots will aid in the fermentation process. Cut the carrots to fit in the jar. Remember to leave 2 inches of room for the brine and weight, and space for the carrots to ferment. It is preferable to use thin to medium-sized carrots for this recipe. If you only have large carrots available to you, you'll need to halve and/or quarter them lengthwise. Consider using a colorful variety of carrots to liven up the aesthetic of the jar. If you include cosmic carrots, the brine will turn a pretty pink color at the end of the fermentation process.

Pack the jar with the carrots, carefully fitting them in as snug as possible, but leave 1 to 2 inches of headspace so that the ferment does not bubble over during fermentation. Add the garlic with the carrots. Once the jar is packed, pour the brine over the carrots until they are covered by about ½ to 1 inch of brine.

Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If using a jar to ferment, you can also add the canning jar lid with tightened ring to the jar. If choosing this method, you will need to open the jar daily to "burp" the ferment and release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 10-day ferment. Be sure to check on the ferment daily to make sure the brine remains over the carrots and that no mold or yeast forms. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

Recipe Variation: Carrot Pickles with Pickling Spice

Brine:

1½ tbsp. kosher salt
dissolved in 3 cups water

Add 1 tablespoon of premixed pickling spices to the bottom of the jar before packing it with carrots and adding brine. It will create a pickled carrot perfect for fall. The flavors of allspice, clove, coriander, cinnamon, and ginger all shine, making this pickle a pleasant surprise on a holiday relish tray.

NOTES

PICKLED JALAPEÑO SLICES

I'm just going to go ahead and tell you to triple this recipe right now. If you like pickled peppers, you will blow through 4 pints in a couple of weeks. I make more and more each year, and it's never enough. These are one of the most requested preserves that I make.

Yield: 4 pints (regular-mouth jars are preferred, as the shoulders of the jars help keep the slices down)

8 cloves garlic, halved
4 tsp. mustard seeds
4 tsp. dill seeds
2 lbs. jalapeños, stems removed, sliced

Brine:

3 cups (5 percent) distilled white vinegar
3 cups water
3 tbsp. pickling salt

Spicy Pickled Eggs (pg. 77)

In a nonreactive pan, bring the brine ingredients to a boil, reduce heat to a low simmer, and stir until the salt is dissolved.

Divide the garlic, mustard seeds, and dill seeds between the jars. Pack the jars with the jalapeño slices. Push them down carefully without damaging the slices. You must make sure to push down the slices as you pack the jars; otherwise you'll end up with a jar full of brine and only half full of jalapeños.

Ladle the hot brine over the jalapeños. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Use a stainless-steel butter knife or other similar tool to get rid of any air bubbles trapped in the jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth and again with a dry cloth, and place the canning jar lid on. Twist the canning ring on until it's just-snug on the jar. Using canning tongs, fill the water bath canner with the jars, cover the canning pot, and once the water bath has reached a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all the lids are securely sealed onto the jars, then label and date the jars.

Though the jalapeños will be good immediately after making, I recommend letting them pickle for 2 weeks before tasting; that will give the flavors a chance to meld together. Store in the refrigerator after breaking the seal.

Recipe Variation: Refrigerator Pickle

Water bath sealing the jalapeños will cause them to lose their crispness. If you want the crunch of the jalapeño to remain, follow all the directions up until the water bath part. Fill the jars with jalapeños, add the brine, wipe the rims, add the lid and ring, but do not water bath seal. Skip to the step of putting the jars on a towel to let them cool. Once cooled, they need to be refrigerated. The jalapeños will not be shelf-stable, but they will be flavorful and crunchy.

Recipe Variation: Pickled Eggs

Once the jar of jalapeño slices is almost empty and has only a few jalapeños, spices, and garlic pieces left, fill it with peeled, hard-boiled eggs. Let the eggs pickle in the brine for at least 2 weeks, refrigerated. This brine makes the most delicious pickled egg I've ever had. My friends agree—the longer it pickles, the tastier it gets! About 10 hard-boiled eggs fit into a quart jar.

JALAPEÑO SAUCE

I prefer to use a glass jar with an airlock when fermenting this recipe. Jalapeños are prone to kahm yeast, and I do not get that when using an airlock. If you do not own an airlock system, be adamant about checking in on your ferment daily to catch any unwanted yeast that may form.

Yield: 1 pint finished hot sauce

4 cups jalapeño peppers, stems removed
10 cloves garlic, crushed

Brine:

1½ tbsp. kosher salt dissolved in 3 cups water

Pack a quart jar tightly with hot peppers, mixing the garlic in with the peppers. Cut large peppers in half to fit them in the jar better. Leave 1 to 2 inches of headspace for the ferment to bubble without spilling over during fermentation. Pour the brine over the jalapeños, submerging them completely. Use a weight to push the pepper slices and garlic under the brine. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Ferment for 3 weeks. At the 3-week mark, I recommend smelling the ferment and even tasting a small sample of the brine. If it tastes good and has spice, move on to step two of this process. If the brine doesn't have much flavor, let it ferment for another week and taste the brine again. Keep doing this until the brine is full of flavor and spice.

Once you are ready to turn the fermented peppers into hot sauce, you must drain the brine from the peppers and garlic, and reserve it. Pour the brine into a measuring cup and set aside. Put the hot peppers and garlic into a food processor with a quarter cup of brine and purée it. If the peppers aren't puréeing well in the mixer, add a little more brine to get things moving. Keep adding brine as needed until the sauce is completely puréed.

For the next step, take a small fine-mesh strainer and set it on a large measuring cup. Pour the pepper purée in the mesh strainer and let the liquid drip into the measuring cup. Use the back of a spoon to push the purée into the strainer; get as much liquid out of the pepper purée as you can. The drained liquid is your hot sauce. Once all liquid is collected, transfer the hot sauce to a clean airtight glass container or jar and refrigerate.

JALEPEÑO SAUCE: STEP-BY-STEP

1.

Once peppers are fermented and ready for Step 2, drain the peppers and garlic from the brine, reserve the brine, and set aside.

2.

Purée and strain.

3.

Transfer hot pepper liquid into a clean, airtight glass container and refrigerate. Enjoy!

THE PERFECT GARLIC DILL PICKLE

It took me years of experimenting with loads of different ingredients to figure out the perfect dill pickle recipe. It turns out the simplest recipe is the best. I use this brine for almost all of my various pickled veggies now because it's easy and it tastes phenomenal. A lot of canners are intimidated by making pickles because the end result is mushy. I have never made a soft pickle in all my years of canning, and if you follow my directions closely, you won't either.

Yield: 5–6 quarts

¼ bushel small pickling cucumbers (ideally 3" or less in size, freshly harvested within 24–48 hours)
2 bulbs garlic
6 tsp. dill seeds or 1 sprig fresh dill per jar
6 tsp. mustard seeds
Optional: 1–2 jalapeños, quartered, or 1 halved habanero pepper for extra spice

Brine:

8 cups (5 percent acidity) distilled white vinegar
8 cups water
¾ cup canning salt

I recommend using small pickling cucumbers for this recipe. In order to get small pickling cucumbers from the farmers' market, you should go to the market as soon as it opens because they are often high in demand and sell out quickly. The ideal size is a 3-inch or smaller pickling cucumber, which will allow you to pack the jar with two levels of cukes. I believe that the small size also contributes to the crunchiness of the canned pickle. Always ask the farmer when the cucumbers were harvested. You want ones that were picked the day of or the night before. Feel the cucumbers and make sure they feel firm and look fresh. Always plan to preserve the pickles the same day you buy them. Freshness is a key contributor for crunchy dills.

I keep a 5-gallon food-grade bucket aside for pickle making. Fill the bucket with cucumbers and use the garden hose to fill up the bucket with water. Carefully swish the cucumbers around in the water and rinse off any flower blooms or dirt. Repeat this step until the water runs clear. Then, fill the bucket with fresh water and a lot of ice, giving the cucumbers an ice bath for 1 hour.

While the cucumbers are in the ice bath, prep the garlic.

After the ice bath, wash each cucumber by hand. Using a vegetable brush, scrub off dirt and discard any bruised cucumbers that don't look up to par. Once all are scrubbed, rinse them again with cold water and strain them.

Once the pickles are clean, trim off both ends and any flawed areas. Do not use any mushy or damaged cucumbers.

In a large nonreactive pot, bring the brine ingredients to a simmer until the salt has dissolved, then reduce heat to a low simmer. Divide the garlic, dill seeds, and mustard seeds between the jars. Carefully pack the pickles on end, fitting them in as if you were doing a puzzle. You want the jar packed well and to be tightly filled with cucumbers. Cut larger cucumbers in half if need be, though they may not be as crunchy as those kept whole. If making spicy pickles, add jalapeños in with the cucumbers when packing the jars.

Ladle the hot brine into the jars. Use a funnel to safely transfer the brine into each jar, leaving ½ inch of headspace. Use a stainless-steel butter knife or other nonreactive tool to remove air bubbles trapped within the jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel. Place the canning jar lid on the jar and twist on the ring until it's just-snug on the jar. Lower the jars into the water bath canner, making sure the jars are covered by at least 1 inch of water, and cover the pot. Once the water bath reaches a rolling boil, start the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all the lids are securely sealed onto the jars, then label and date the jars.

I recommend letting these pickle for at least 2 months or more before tasting, as that will give the flavors a chance to meld together. Store in the refrigerator after breaking the seal.

NOTES

THE PERFECT GARLIC DILL PICKLE: STEP-BY-STEP

1.

Rinse cucumbers in a 5-gallon food-grade bucket until the water runs clear. Gently swish the cucumbers around with your hand to loosen any dirt or flower buds.

2.

Place the pickling cucumbers in an ice bath for at least 1 hour.

3.

Wash each cucumber.

4.

Trim off the ends and any flawed areas.

5.

Cut larger cucumbers in half if need be.

6.

If making spicy pickles, quarter jalepeños or halve habanero peppers.

7.

Divide garlic, mustard seeds, and dill seeds between the jars.

8.

Carefully pack the jar with cucumbers.

9.

Ladle hot brine into the fully packed jars, leaving ½ inch of headspace.

10.

PICKLES

This recipe will vary depending on the size of your fermentation vessel so adjust accordingly. The leaves noted in this recipe aid in keeping the fermented pickles crunchy because of their naturally occurring tannins, though adding too many leaves will have an adverse effect on the cucumber and they will turn mushy. A tip for always having leaves on hand is to freeze them.

Yield: 1.5L Fermentation Vessel (or 1–2 quarts if using Mason-style canning jars)

1–2 lbs. (4½–5-inch) pickling cucumbers
10–15 cloves garlic or more if desired, crushed
2 tbsp. dill seeds or 1–2 sprigs of fresh dill
1 tbsp. yellow mustard seeds
3 jalapeños, halved (optional, if spicy pickles are desired)
3–5 grape leaves, oak leaves, raspberry leaves, or horseradish leaves (though horseradish leaves will alter the flavor of the pickle)

Brine:

2 tbsp. kosher salt, dissolved in 4 cups water

Wash the pickles and let them sit in cold ice water for up to 1 hour, then strain. Put the cucumbers, garlic, dill seeds, mustard seeds, optional jalapeños, and leaves in a clean jar, crock, or other fermentation vessel. Leave 1 to 2 inches of headspace for the ferment so that it does not bubble over during fermentation. Pour the brine over the cucumbers and use a weight to keep the vegetables submerged.

If using an airlock system, set up the airlock on the fermentation vessel. If using a crock with a water seal, pour water in the seal and make sure the lid is sealed all the way around. If using a canning jar, cover the jar with a cheesecloth or other breathable cover to keep dust and bugs from entering, or screw on the canning lid. If tightly screwing on a canning jar lid, you will have to "burp" the ferment daily, to release any built-up gasses that form during fermentation.

Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. Check on the ferment daily if fermenting in a canning jar with tightened lid, or every couple of days if using a crock, jar with airlock, or jar covered with cheesecloth, to make sure the brine remains over the cucumbers.

This is a 14- to 30-day ferment. The reason the range is so big is because there are a lot of variables to be considered, with the main one being temperature. If your space is warmer, they will be done sooner. The brine will turn cloudy and sediment will likely begin to show up at the bottom of the ferment or on the pickles. This is a normal part of the fermentation process and a sign that things are progressing as they should. Taste test to determine when they are "done" fermenting. They should taste like a pickle versus a raw cucumber. Once the pickles are done fermenting, transfer them to an airtight jar (with the brine) and refrigerate.

POLISH DILL PICKLES

Kryz and Emily Kociolek are the owners of Stone Creek Trading in Illinois. I use many of their crocks and supplies when fermenting. They have so graciously shared their family's Polish pickle recipe.

"Kryz grew up in Poland and remembers always seeing crocks of bubbly ferments in the basement of everyone's house. This is a recipe developed by Kryz's father, who makes the best pickles!" —Emily Kociolek

Yield: 5L Fermentation Crock (for smaller yield, adjust recipe accordingly)

5–6 lbs. small cucumbers
6 cloves garlic, sliced
⅓ bunch fresh dill
1 tbsp. yellow mustard seeds
1 tsp. whole allspice
1 tbsp. fresh horseradish root, sliced
1–3 grape leaves (optional)

Brine:

6 tbsp. kosher salt dissolved in 3 quarts water

Wash the cucumbers and poke a few holes at both ends with a knife or fork. Place cucumbers in the crock, mixing in the garlic, dill, mustard seeds, allspice, horseradish root, and optional grape leaves. Use weights to hold the pickles down and pour the brine over the cucumbers until it covers the weights.

Ferment for 3 to 4 days at room temperature and then move to a cooler location. Pickles can be eaten at any point during the fermentation process. When desired sourness is reached, transfer pickles and brine to an airtight glass container and refrigerate.

NOTES

SPICY SRIRACHA GARLIC CLOVES

These pickled garlic cloves are sweet and spicy. Add them to a cheese platter, purée them with some brine and mix with softened cream cheese for a flavorful dip, or chop up fresh parsley, mix with goat cheese and the puréed garlic, and serve on a toasted baguette—YUM!

Yield: 1 (8-oz.) jar

1–2 (¾ cup) garlic bulbs
½ cup diced red bell peppers

Brine:

½ cup (5 percent acidity) distilled white vinegar
1 tsp. pickling salt
2 tbsp. Sriracha sauce

Peel garlic and rinse with cold water. Cut large cloves in half. In a nonreactive saucepan, bring the brine ingredients to a boil and simmer for 3 minutes. Mix the garlic and red bell peppers together in a bowl and transfer them to a prepared canning jar. Pack the garlic and bell peppers in well without bruising the cloves.

Ladle the hot brine over the garlic. Use a funnel to safely transfer the brine into the jar, leaving ¼ inch of headspace. Wipe the rim of the jar with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist on the canning ring until it's just-snug on the jar. Lower the jars into the canning pot and add the lid. Once the water bath reaches a rolling boil, start the timer and process for 10 minutes. Carefully remove the jars from the water bath with canning tongs and place the jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Let the mixture pickle for 4 weeks before opening. Refrigerate after breaking the seal.

NOTES

GARLIC SPREAD

This spread makes pretty much everything taste better. Organically grown garlic is preferred for this recipe because of a controversy regarding non-organic garlic being bleached and chemically treated to kill off bugs and other pests. If this is the case, your inorganically grown garlic may not ferment properly.

Yield: 1 half-pint

3 bulbs garlic, peeled
1 tsp. kosher salt

Peel garlic, rinse with cold water, and dry. Place garlic in a food processor and process until it is broken down into a spreadable consistency. Transfer the garlic spread into a clean half-pint jar and mix in the salt. Stir well. Use a canning jar lid and ring to tightly screw the lid on and keep the air out. Daily burping of the ferment is required to release any carbon dioxide that is created during fermentation. When checking on the ferment, remove the lid, stir up the mixture, pack it back down in the jar, and screw the lid on tightly. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 30-day ferment. Once fermentation is complete, store in an airtight glass container and refrigerate.

Recipe Variation: Garlic Cloves in Honey

The garlic infuses the honey for an incredible garlicky-flavored honey that is great to cook with, or to make into salad dressings. The garlic cloves become mild and are great immune boosters. This recipe is super easy to make and highly addictive.

Fill a clean jar or other fermentation vessel with peeled, rinsed off, organic garlic cloves, leaving 1 to 2 inches of headspace. Cover the cloves with raw honey (locally sourced honey, if available). Use an airlock system or tightly cover the ferment with a canning jar lid and ring. If using a jar lid, you must burp the ferment daily and sometimes multiple times a day to release the carbon dioxide that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. Ferment for 2 to 4 weeks. You can start eating it immediately, but the flavors change immensely during fermentation.

Recipe Variation: Garlic Cloves

After fermentation, these garlic cloves can be eaten straight from the jar or used as you would any regular clove of garlic.

Yield: 1 half-pint

1–2 (¾ cup) garlic bulbs

Brine:

1 tsp. kosher salt dissolved in ¼ cup water

Peel the garlic, rinse with cold water, and transfer to a clean half-pint glass jar or other fermentation vessel of choice.

Pour brine over the garlic cloves until they are completely submerged. Leave 1 inch of headspace.

Use a canning jar lid and ring to tightly screw the lid on and keep the air out. Daily burping of the ferment is required to release any carbon dioxide that is created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. This is a 30-day ferment. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

NOTES

GRANDPA'S HOMEMADE SPAGHETTI SAUCE

My grandpa's homemade spaghetti sauce has been a favorite of mine (and most of my family and friends of the family) for as long as I can remember. It was always a treat when spaghetti was served for dinner. Unfortunately, my grandpa has suffered from Parkinson's Disease for nearly thirty years and hasn't been able to cook in many years. I was fortunate enough to learn the recipe by making the sauce with him back in my twenties, and it's one I will cherish for the rest of my life.

My grandpa originally learned the recipe from his aunt, and tweaked it to his liking over the years. I have adapted his recipe and turned it into a fresh tomato recipe that can be water bath canned for shelf stability. I hope you enjoy it as much as we do.

Yield: 5–7 quarts

30–35 lb. fresh canning tomatoes
1 tbsp. olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 bay leaves
2 tbsp. garlic powder
1 tsp. parsley flakes
1 tsp. Italian seasoning
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. dried summer savory
1 tsp. dried tarragon
1 tsp. white pepper
1 tbsp. salt
1 tsp. onion powder
2 tbsp. organic or non-GMO granulated sugar
2 tbsp. lemon juice per jar

Wash tomatoes and cut off any bruised or damaged areas. Blanch the tomatoes. This process is easily done in stages and requires a large pot of boiling water and another pot or bowl of ice water. Bring a pot of water to a boil and add in tomatoes once the pot begins to boil. Set the timer for 1 minute. Use a slotted spoon to carefully remove the tomatoes from the hot water and put them in the ice bath. You should see the tomato skins split while in the boiling water or once added to the ice bath. Repeat this process until all the tomatoes are blanched. This method will make removing the skins from the tomatoes a quick job, as the skin will easily fall off the fruit with a little rub of the fingers. Then, core the tomatoes and cut them into quarters.

Once all tomatoes are blanched, peeled, cored, and cut, add them to a large (at least 7 quarts) pot. Using a hand blender, break down the tomatoes into the consistency you want your sauce to have. I like to have a little chunkiness to my sauce. You can also break down the tomatoes using a food processor, but I've found the hand mixer is the easiest and least messy option.

In a medium frying pan, heat the olive oil and sauté the onion and garlic. Once the onion is translucent, it's done; this typically takes about 5 minutes. Add mixture to the tomatoes and add in all the seasonings. Mix well and heat the pot to a medium-high

simmer. The sauce will need to cook for 2 to 3 hours to thicken. It must be stirred occasionally to avoid burning. Taste the sauce to determine if you want to add additional seasonings.

Once the sauce has thickened, remove the bay leaves. Prepare the quart jars with 2 tablespoons of lemon juice per jar. This will add acidity to the sauce that will keep it from growing unsafe bacteria.

Ladle the sauce into warm, prepared jars. Use a funnel to safely transfer the sauce, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Lower the jars into the canning pot, and make sure the jars are covered by at least 1 inch of water. Put the lid on the canning pot and once the water bath reaches a rolling boil, set the timer and process in the water bath for 40 minutes. Carefully remove jars from the water bath with canning tongs and place the jars on a towel-lined surface for 12 to 24 hours without touching. After 12 to 24 hours when the jars are completely cooled, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

Meat can be added to the sauce when served but not before, as a pressure canner would be required to preserve a recipe with meat. Italian sausage, meatballs, and mushrooms are perfect additions for this sauce when served, as well as a little fresh grated Parmesan cheese. My grandpa's spaghetti sauce also includes his homemade spice mix, which is not included in this recipe. But if you are a fan of spice, consider adding some crushed red pepper flakes, cayenne pepper, or diced jalapeños to the sauce.

NOTES

SPAGHETTI SAUCE: STEP-BY-STEP

1.

After boiling the tomatoes, place them in an ice bath.

2.

Once cooled, remove the skins from the tomatoes.

3.

Core tomatoes and cut them into quarters.

4.

Break down tomatoes to the consistency you desire. Add in sautéed onions and garlic.

5.

Add seasonings and simmer for 2 to 3 hours.

6.

CHERRY TOMATOES WITH GARLIC AND FRESH BASIL

These appetizing tomatoes taste incredible just hours after putting the ingredients together but get even more intense after a few days of fermentation. I prefer to use a mixed variety of cherry tomatoes for aesthetics, but whatever you are growing in the garden or have on hand will work just fine. I like to eat them straight from the jar but they are a beautiful addition to pasta, salads, kebab skewers, or a Bloody Mary.

Yield: 1 quart

3½ cups cherry tomatoes, any variety
5 fresh basil leaves
2 cloves garlic, chopped

Brine:

1 tbsp. kosher salt dissolved in 2 cups water

Wash tomatoes and basil with cold water. Put the basil and chopped garlic at the bottom of the jar and fill the rest of the jar with cherry tomatoes, leaving at least 1 inch of headspace at the top.

Pour the brine over the tomatoes, completely submerging them. I don't use a weight for this ferment. I normally put a jar lid with ring over, airtight, instead of a cheesecloth. Either option will work, but if you tighten a lid and ring on this ferment, be sure to open the jar at least twice a day to "burp" it, and release the built-up gasses that occur during fermentation.

I encourage you to taste these a few hours after they are made, again 24 hours later, again 48 hours later, etc., to determine which taste you prefer the most. Ferment for up to 3 days at room temperature, ideally between 60 and 75°F (15 and 23°C). Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate. The tomatoes tend to get softer the longer they ferment. I prefer to eat them within a couple of weeks.

NOTES

GRANDMA'S PICKLED BEETS

Grandma's favorite canned good.

Yield: about 4 quarts

8 lbs. freshly harvested beets, small are preferred because they are more tender

Brine:

4 cups (5 percent acidity) distilled white vinegar
2 cups water
2 tsp. canning salt
2 cups organic or non-GMO granulated sugar
2 tsp. ground cloves

Use a vegetable brush to gently scrub the beets clean. Trim off the leafy ends, place the beets in a pot of water, and bring it to a boil. Cook the beets until they are tender and easily pierced with a fork, about 25 minutes. Remove from heat, drain, and let cool.

Once cooled enough to handle, trim off the root-end of each beet and use your hands to break the outer layer of the skin. Use your thumbs to rub away the skin. Removing the skin can become a messy job. I recommend having a bowl for the discarded skins and another dish for the peeled beets. I normally do this over a large cutting board. It will look as if something dyed your hands bright pink, but it easily washes off with a little soapy water.

Slice beets to your desired size. I prefer to cut my beets into chunks, but you may prefer your beets sliced. Pack the beets into prepared canning jars.

In a large nonreactive pot, heat the brine ingredients to a boil, then reduce the heat to a low simmer until the salt has dissolved. Ladle the hot brine over the beets. Use a funnel to safely transfer the brine into the jars, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Lower the jars into the water bath canner, and cover the pot. Once the water bath reaches a rolling boil, set the timer and process in the water bath canner for 30 minutes. Carefully remove the jars from the water bath with the canning tongs and place the jars on a towel-lined surface for 12 to 24 hours without touching. After 12 to 24 hours, when the jars have completely cooled, remove the rings and test to make sure all the lids are securely sealed to the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

Recipe Variation: Purple Pickled Eggs

When the jar of pickled beets gets low, use the brine to pickle peeled, hard-boiled eggs. Within a few days, the brine will begin to turn the white portion of the egg purple. The longer the eggs pickle, the more the purple brine will penetrate, eventually coloring even the yolk. These purple eggs are especially a hit when turned into colorful deviled eggs! About 10 peeled, hard-boiled eggs fit into a quart-sized jar. Pickle in the refrigerator.

PICKLED BEETS

After fermentation, the beets will become more tender but will retain a nice crunchiness.

Yield: 1 quart

6 small beets
2 whole star anises

Brine:

1 tbsp. kosher salt, dissolved in 2 cups water

Gently scrub beets clean of any dirt but do not peel. Trim the ends off and uniformly cut the beets into ½-inch chunks. Pack beets into a small crock or jar and cover with brine until they are completely submerged. Use a weight to hold the beets underneath the brine.

Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if fermenting in a jar, add the canning lid and tightly screw on the ring. You must "burp" the jar daily to allow the built-up gas that is created during fermentation to release. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 2-week ferment. Be sure to check on the ferment daily to make sure the brine remains over the beets and that no mold or yeast forms. If the brine is low, press the weight down to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

NOTES

BEET KVASS

This recipe was created by fermentation fanatic Jeremy Ogusky, owner of Ogusky Ceramics. He makes the gorgeous pottery crocks pictured throughout the book. He's also founder of the Boston Fermentation Festival! "Beet kvass is earthy, salty, and tangy. It reminds me of my grandmother's fermented beet borscht. It is a traditional dish in Russia and the Ukraine and the end result of lacto-fermentation. Many folks drink it after a meal, as it aids in digestion. I like to drink it every morning first thing!" —Jeremy Ogusky

Yield: 1 quart

¾ lb. (2 large or 3 small) beets, skin on, cut into ½-inch cubes
1 tsp. kosher salt
Water, as needed

Add beets and salt to a clean jar. Fill with water, leaving 1 to 2 inches of headspace. The salt will effortlessly dissolve in time. Use a canning jar lid and ring to tightly screw on the jar and keep the air out. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Check on the ferment at least twice a day to "burp" it and release any carbon dioxide that has built up during fermentation. Stir up the mixture and tighten cap once again. Ferment for 3 to 4 days. Strain beets and transfer to a clean, airtight container. Refrigerate once fermentation is complete. Drink within 3 weeks. You can use the strained beets in a smoothie, salad, or even juice them!

NOTES

NOTES

PICKLED GREEN BEANS

Please note that the type of bean used in this recipe does not have to be specifically a green bean. We grow rattlesnake pole beans in our garden and those are fantastic, so I urge you to use what you have and what is available in your area as long as they are not too tough-skinned.

Yield: 2 pints

1 lb. green beans (I like to mix green, yellow, and purple beans)
2 cloves garlic, halved
2 tsp. dill seeds, or a couple sprigs of fresh dill
Jalapeños or other spicy peppers (optional)

Brine:

2 cups (5 percent acidity) distilled white vinegar
2 cups water
2 tsp. pickling salt

Wash beans and trim off both ends to fit in the canning jar (about 4 inches for 1 pint jar or 5½ inches for 1 quart-sized jar). In a nonreactive pan, bring the brine ingredients to a boil, then reduce heat to simmer until the salt dissolves.

Divide the garlic and dill seeds between the prepared canning jars. Pack the jars with beans standing on end, without bruising or damaging the beans. If you want spicier beans, add in hot peppers of choice to the jar (Thai chili peppers or jalapeños work well). Chili pepper flakes will also work if you do not have fresh peppers on hand.

Ladle the hot brine over the beans. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Use a nonreactive tool, such as a butter knife, to remove any air bubbles that might be trapped within the beans and the jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Allow the beans to pickle at least 2 weeks before tasting so the flavors can meld. Store in the refrigerator after breaking the seal.

GREEN BEANS

Sometimes the best recipes are the simplest, and this is one of those instances. These garlicky goodies will have you coming back for more. They have remained a favorite ferment of my daughter's since she was a toddler. Please note that the type of bean used in this recipe does not have to be specifically a green bean. We grow rattlesnake pole beans in our garden and those are fantastic, so I urge you to use what you have and what is available in your area, and choose ones without a tough skin.

Yield: 1 quart

½ lb. green beans
1 clove garlic, crushed

Brine:

1 tbsp. kosher salt dissolved in 2 cups water

Wash the beans and trim off the stem-ends to fit in the jar. Place garlic in the bottom of the jar and pack in the beans. Try to get the beans as snug as possible because during fermentation they will shrink a little and begin to float. Once the jar is packed, pour the brine over the beans and submerge them completely, but be sure to leave 1 to 2 inches of headspace in the jar so the ferment doesn't bubble over during fermentation.

Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if using a canning jar, you can add the canning lid and tightly screw on the ring. If using this method, you must "burp" the jar daily to release the built-up gasses created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 2-week ferment. Check on the ferment daily to make sure the brine remains over the beans and that no mold or yeast grows. It is completely normal to notice the brine turn cloudy or to see sediment on the beans or at the bottom of the jar. This is a sign that fermentation is happening, just as it should. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

GREEN TOMATO SALSA

This recipe is so easy to put together. There is no need to peel the tomatoes, and it tastes excellent freshly made, even before it's cooked and canned!

Yield: 4 pints

- 12 cups fresh green tomatoes, chopped
- 2 onions
- 4 jalapeños
- 3 cloves garlic
- 1 cup fresh cilantro
- ½ cup lime juice
- 1 tsp. sugar, non-GMO or organic
- 1 tbsp. canning/pickling salt
- ¼ cup (5 percent acidity) distilled white vinegar

Wash and core tomatoes. Rough-chop them until you measure out 12 cups. Use a food processor to chop the tomatoes, onions, jalapeños, garlic, and cilantro. This will likely have to be done in small batches. As each batch is processed, transfer the chopped ingredients to a large, nonreactive pot. Once all vegetables are chopped and in the large pot, add the lime juice, sugar, salt, and vinegar. Mix well and bring to a boil. Simmer for 5 minutes, stirring frequently.

Ladle the hot mixture into prepared jars. Use a funnel to safely transfer the hot salsa mixture into the jars. Leave ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist on the canning lid until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 20 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

NOTES

GREEN TOMATO SALSA

Tearing down the garden at the end of the season won't be as disappointing when you have this salsa to look forward to, made from unripe tomatoes. Use this salsa as you would any traditional red tomato salsa.

Yield: 1 quart

6 cups fresh green tomatoes
½ onion, yellow, or purple
2 jalapeños
½ cup cilantro
1½ tsp. salt
Fresh lime juice, for serving

If using a food processor, add all the ingredients except the salt and lime juice. Pulse in food processor a couple of times until the tomatoes are broken down to a salsa consistency. If you do not have access to a food processor, dice the green tomatoes and finely chop the other ingredients by hand. Transfer to a nonreactive bowl, mix in the salt, and stir well.

Transfer salsa to a quart jar, leaving 1 to 2 inches of headspace, and tightly screw on the canning lid and ring to keep the air out. Burp the ferment 1 to 2 times a day; stir up the ferment and press it back down, allowing the carbon dioxide to release, then screw the lid back on.

This salsa is excellent freshly made! As with all ferments, the flavors change during the fermentation process. Store at room temperature ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Taste after 24 hours, and again after 48 hours, etc. to determine when it's done to your liking. I ferment this recipe for 3 days. Mix freshly squeezed lime juice into salsa before serving. Store in an airtight container after fermentation is complete and refrigerate. Best if eaten within 2 weeks.

NOTES

WATERMELON RIND PICKLES

This recipe comes from the vault of my husband's great-grandma Alice. It is a two-day recipe.

Yield: 2 pints

Watermelon rind, peeled
1 cinnamon stick

Overnight soak:

¼ cup pickling salt
3 cups water

Brine:

1 cup (5 percent acidity) distilled white vinegar
1 cup water
1 cup organic or non-GMO granulated sugar
1 tsp. ground clove

Wash the skin of the watermelon, dry it off, and cut into quarters. Scrape away the pink juicy fruit, cleaning the pink flesh from the rind as well as possible. A spoon is a great tool to scrape with. Use a potato peeler to peel away the green tough outer layer of the watermelon. Once you have a prepped pale-colored rind, cut the watermelon rind into 1-inch strips and then again into 1-inch squares. Soak in salt water overnight.

The next day, rinse with cold water several times to remove the salt water from the rind. In a medium heavy-bottomed pot, heat the vinegar, water, sugar, and clove and bring to a boil. Boil 5 minutes, stirring frequently. Put the rinsed watermelon rind in a quart jar until it's full to 1 inch below the top of the jar. Fit the cinnamon stick in with the watermelon rind.

Ladle the hot brine over the rind. Use a funnel to safely transfer the brine to the jar. Leave ¼ inch of headspace. Wipe the rim of the jar clean with a dampened lint-free towel or paper towel and again with a dry towel. Place the canning lid on the jar and put the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

WATERMELON RIND PICKLES

Don't let the watermelon rind go to waste! These flavorful pickles are a delicious snack.

Yield: 1 pint

Watermelon rind, peeled
1 cinnamon stick

Brine:

2 tsp. kosher salt
1 cup water
½ tsp. ground clove (optional)

Wash the skin of the watermelon, dry it off, and cut into quarters. Scrape out the pink juicy fruit and clean the pink flesh off the rind as well as possible. A spoon is a great tool to scrape with. Use a potato peeler to peel away the green, tough, outer layer of the watermelon. Once you have a prepped rind, cut the watermelon rind into 1-inch strips.

Pack a clean pint jar with the watermelon rind and snugly fit in the cinnamon stick. Pour the brine over the watermelon rinds, submerging them completely. Cover the jar with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 3-day ferment. Check on the ferment daily to make sure the brine remains over the rind. Once the fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

NOTES

PINEAPPLE ZUCCHINI

This recipe was adapted from one on the National Center for Home Food Preservation website when I was looking for a new way to use up excess zucchini. After preservation, the shredded zucchini tastes just like crushed pineapple and can be substituted in recipes that call for regular crushed pineapple.

Yield: 3 half pints

- 4½ cups (2–3 small to medium zucchini) zucchini, peeled, shredded
- 1½ cups unsweetened pineapple juice
- ½ cup lemon juice
- ¾ cup organic or non-GMO granulated sugar

Wash, peel, and grate the zucchini. Use a potato peeler to remove the skin. You may need to peel it twice to get all of the green tint removed from the zucchini. Add zucchini and all other ingredients to a heavy-bottomed saucepan and bring to a boil. Let mixture simmer for 25 minutes, stirring often to avoid burning.

Ladle the hot mixture into prepared jars. Use a funnel to safely transfer the hot pineapple-zucchini mix into jars. Leave ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist on the canning lid until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 20 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Store in the refrigerator after breaking the seal.

Recipe Variation: Zucchini Pineapple Chunks

Follow the directions referenced above, but instead of shredding the zucchini, remove the seeds and cut them into uniform-sized, bite-sized, or smaller chunks.

ZUCCHINI-CARROT RELISH

This is an excellent veggie side dish to a meal or great as a condiment topping on a sandwich, burger, or hotdog.

Yield: 1 pint

2 medium zucchini, grated
2 carrots, grated, unpeeled
2 cloves garlic, grated or chopped
2 tsp. kosher salt

Mix all veggies well with kosher salt and pack into a pint jar or other small fermentation vessel, leaving at least 1 inch of headspace. Within 30 minutes or so, there should be enough naturally created brine to cover the vegetables when pushed down with a weight.

Cover the jar with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. Store at room temperature, ideally between 60 and 75°F (15 and 23°F). Keep out of direct sunlight.

This is a 3-day ferment. Check on the ferment daily to make sure the brine remains over the grated veggies. If the brine is low, press down on the weight with a clean finger to bring the brine back over the ferment. Once the fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

NOTES

FALL & WINTER

Cranberry-Apple Jam 118
Cranberry-Honey Ferment 121
Whole Cranberry Sauce 122
Cranberry-Orange Relish..... 125
Pumpkin Pie Pumpkin Butter..... 126
Sugar Pumpkin Kvass..... 129
Sugar Pumpkin Pickles..... 130
Quick Applesauce..... 133
Applesauce..... 134
Cinnamon-Honey Apple Butter 136
Spicy Pickled California Mix 138
Giardiniera 141
Dilled Onion Rings..... 142
Red Onions 143
Pickled Watermelon Radishes..... 144
Watermelon Radish Pickles..... 146
Sauerkraut 147
Sauerkraut with Caraway Seeds..... 150
Quick Curtido..... 152
Spicy Curried-Cauliflower Pickles 155
Cauliflower with Turmeric 156
Butternut Squash..... 158
Pickled Brussels Sprouts..... 159
Brussels Sprouts Pickles 161

CRANBERRY-APPLE JAM

This is an excellent jam to serve in the winter; the taste is truly reminiscent of the holiday season, making it a great holiday gift! I adapted this recipe to use honey instead of additional sugar, and it is even better this way! Any kind of hard or soft apple will work for this recipe. Soft ones break down slightly more than harder apples, while harder ones keep their shape and add a bit more chunkiness to the jam. Same great flavor either way, so you decide!

Yield: 4 pints or 8 (8-oz.) jars

- 8 cups (8 medium or 6 large) apples, peeled, diced
- 4 cups whole fresh or frozen cranberries
- 2 cups honey
- 3 cups non-GMO or organic granulated sugar
- ½ cup lemon juice
- 1 tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. ginger (optional)
- ¼ tsp. nutmeg (optional)
- ¼ tsp. allspice (optional)

In a large heavy-bottomed pot, stir the diced apples, whole cranberries, honey, and sugar together. Bring to a boil. Keep the jam at a medium-high heat for about 12 minutes, stirring frequently until the apples become tender and the cranberries begin to pop.

Add the lemon juice, cinnamon, and cloves. Stir well. Let the mixture simmer until the sauce begins to thicken, about 10 more minutes. I encourage you to take out a spoonful and taste to determine if you want to add more spices.

Ladle the hot jam into warm prepared jars. Use a funnel to safely transfer the sauce, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

SELF SEALING

CRANBERRY-HONEY FERMENT

Similar to the Garlic Cloves in Honey (page 90), this cranberry-honey ferment is easy and delicious. The honey will become flavored by the cranberries somewhat and the cranberries will become a bit more tender, which makes them great for mixing into oatmeal, yogurt, or even dehydrating. There isn't really a wrong way to make it; you just need to make sure you are checking it daily, whether you use an airlock or a standard canning jar with lid and ring.

Yield: 1 pint

2 cups whole cranberries
Raw honey, preferably local

Pick through the cranberries and discard any damaged, soft, or unripe berries (pink- or green-colored). Rinse thoroughly and strain out water. Fill a clean pint jar with cranberries, leave 1 inch of headspace, and stir in honey until the cranberries are submerged. Mix well.

Cover the jar with a canning lid and ring and tightly screw it shut to keep the air out. This ferment needs to be burped daily. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. Ferment 30 days or longer if you prefer (taste test to determine when they are done). Store in an airtight container once fermentation is complete and refrigerate.

NOTES

WHOLE CRANBERRY SAUCE

Cranberry sauce is by far one of the easiest canning endeavors you'll partake in. The sauce is full of flavor that cannot compare to any commercially processed sauce. Make a batch of this as a quick side dish over the holidays or gift it to the host of your next gathering. There will be no disappointing with this vibrant red, sweet, and tart sauce. When serving, consider stirring in nuts, raisins, or some fresh orange zest.

Yield: 2–3 pints

- 8 cups (about 2 pounds) fresh cranberries
- 2 cups granulated sugar, preferably organic or non-GMO
- 2 cups water
- ¼ tsp. ground cloves (optional)
- ¼ tsp. ground allspice (optional)

Pick through the cranberries, discarding any damaged, soft, or unripe berries (pink- or green-colored). Rinse thoroughly and strain out water. In a large heavy-bottomed saucepan, stir together sugar and water and bring to a boil, stirring until the sugar is dissolved. Add cranberries and bring to a boil. Reduce heat to a medium-high simmer and cook for 10 minutes, stirring occasionally. As the mixture simmers, you will hear the cranberries begin to make popping noises as the skins begin to split apart. At this point, add in ground allspice and ground cloves, if desired, and stir well.

Ladle the hot berry sauce into warm prepared jars. Use a funnel to safely transfer the sauce, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the lid on and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 15 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

Day 1

Day 3

CRANBERRY-ORANGE RELISH

This cranberry ferment is full of flavor. The deep red color will liven up any plate. This sweet and citrusy relish is a fermented version of my mother-in-law's favorite Thanksgiving side dish.

Yield: 1 pint

3 cups whole cranberries
½ tsp. organic orange zest
2 tbsp. fresh squeezed orange juice
2 tbsp. raw honey

Pick through the cranberries and discard any damaged, soft, or unripe berries (pink- or green-colored). Rinse thoroughly and strain out water. Use a food processor to chop the cranberries; it only takes 2 to 3 seconds. Transfer berries into a pint jar and add in orange zest, juice, and honey. Mix together well.

Use a canning jar lid and ring to tightly shut the jar and keep the air out. Ferment at room temperature. Check on the ferment once a day by removing the lid and stirring the cranberry mixture, patting it back down, placing the lid back on, and tightly closing. This is a 3-day ferment. Refrigerate after fermentation is complete. Best if used within two weeks.

NOTES

PUMPKIN PIE PUMPKIN BUTTER

This recipe is inspired by my mother's delicious homemade pumpkin pies that she makes every fall with her homegrown pie pumpkins. Reserve the seeds to make baked pumpkin seeds—such a tasty treat!

Yield: 1 pint

- 1 small (3–4-lb.) sugar pumpkin, peeled, chopped to make 4½ cups
- 1 cup water
- ⅛ tsp. salt
- 1 tsp. ground cinnamon
- ¼ cup maple syrup
- 2 tbsp. organic apple cider vinegar
- 1 tbsp. lemon juice
- ½ tsp. ground ginger
- ½ tsp. ground nutmeg (optional)
- ½ tsp. ground allspice (optional)

Prepare the pumpkin by washing, cutting off both ends, cutting in half, and scooping out seeds and membranes. Use a spoon to scrape the inside clean. Use a potato peeler to peel off the thick, tough pumpkin skin. Once cleaned and peeled, cut the pumpkin into 1-inch thick strips and again into 1-inch cubes.

Put all ingredients into a large heavy-bottomed pot, mix well, and bring to a simmer. Cover and simmer 20 to 30 minutes, stirring often to avoid burning. Once pumpkin is tender and easily broken with a wooden spoon or other utensil, remove the pot from heat and let cool for a couple of minutes. Using an immersion hand blender or other blender, purée the pumpkin mixture for several minutes into a smooth and silky consistency; be careful not to splash any mixture on yourself.

Once puréed, carefully ladle the hot pumpkin butter into a prepared canning or other airtight jar; use a spatula to scrape the pot clean. This is not a water bath recipe, as creating a shelf-stable pumpkin recipe would require a pressure cooker. Once cooled, refrigerate up to two weeks.

NOTES

SUGAR PUMPKIN KVASS

Pumpkin kvass isn't a common kvass, so when I experimented with it, I was pleasantly surprised by the lightly flavorful, bubbly drink.

Yield: 1 quart

1–2 cups pumpkin scraps (seeds, skin, pumpkin, and pulp)
1 tbsp. raw honey
1 tsp. kosher salt
1 tbsp. fresh ginger, grated or finely chopped (optional)
Water, as needed

Fill a quart jar ⅓ full of pumpkin scraps. Fill with water to 1 inch from the top. Stir in honey, salt, and ginger. Mix well.

Use a canning jar lid and ring to tightly screw on the jar to keep the air out. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). If you are using a clear glass jar, keep out of direct sunlight. Check on the ferment at least twice a day to burp it and release any carbon dioxide that has built up during fermentation. Stir up the mixture and tighten cap once again. Ferment 4 to 5 days. Strain out pumpkin pieces before drinking. Refrigerate once fermentation is complete. Drink within two weeks.

NOTES

SUGAR PUMPKIN PICKLES

Yield: 1 pint

½ small (3–4-lb.) sugar pumpkin, cubed to make 1½ cups
Cinnamon stick (optional)
½ tsp. ground nutmeg (optional)

Brine:

1 tsp. kosher salt, dissolved in 1 cup water

Prepare the pumpkin by washing, cutting off both ends, cutting in half, and scooping out seeds and membranes. Use a spoon to scrape the inside clean. Use a potato peeler to peel off the thick, tough pumpkin skin. Once cleaned and peeled, cut the pumpkin into 1½-inch thick strips and again into 1½-inch cubes.

Pack the jar with the pumpkin and optional ingredients, if you choose. Pour the prepared brine over the pumpkin cubes until it covers them completely. If the squash does not stay under the brine, add a weight to hold it down. Cover the jar with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. Store at room temperature, ideally between 60°F and 75°F (15°C and 23°C). If you are using a clear glass jar, keep out of direct sunlight.

This is a 3-day ferment. Check on the ferment daily to make sure the brine remains over the squash. If the brine is low, press down on the weight with a clean finger to bring the brine back over the ferment. Once the fermentation is complete, store in a glass airtight jar (with the brine) and refrigerate.

NOTES

QUICK APPLESAUCE

No food mill required for this quick applesauce recipe!

Yield: 1 pint, plus a little extra to store in the fridge

- 3 lb. (6–8 cups) apples, peeled, diced
- ¼ cup honey
- ¼ cup water
- ¼ cup lemon juice
- 1 tsp. ground cinnamon (optional)

Add all ingredients to a large heavy-bottomed pot, mix ingredients together, bring heat to medium-high, and simmer covered for 20 minutes. Stir often to avoid burning.

Once apples are soft, turn off heat and let the apples cool off for a couple minutes. Use an immersion hand blender or other blender to break down the apples into the consistency you prefer for apple sauce.

Ladle the hot apple mixture into jars. Use a funnel to safely transfer the sauce into each jar, leaving ½ inch of headspace. Use a spatula to scrape the pot clean. Wipe the rims of the jars clean with a dampened clean paper towel or lint-free cloth and then again with a dry towel and place the lid on. Put jar ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

APPLESAUCE

This is an extremely simple recipe that yields a delicious fermented applesauce.

Yield: 1 pint

3 organic apples, cored and rough-chopped
⅛ tsp. kosher salt
½ tsp. ground cinnamon (optional)

Put apples into a food processor and purée until apples are broken down into a smooth applesauce consistency. I like to leave the skins on, but removing the skins before puréeing will result in a smoother applesauce. Transfer applesauce into a clean pint jar and stir in salt and optional cinnamon, if desired. Mix well. Use a canning jar lid and ring to tightly screw on the jar to keep the air out. Store at room temperature, ideally between 60 and 75°F (15 and 23°C).

Check on the ferment once a day by removing the lid and stirring the applesauce, placing the lid back on, and tightly closing. Keep ferment out of direct sunlight. This is a 3-day ferment. Refrigerate for up to two weeks.

NOTES

CINNAMON-HONEY APPLE BUTTER

I was turned off by apple butter for many years because every recipe I found required a crockpot, food mill, additional pectin, or an entire day of cooking. I knew there had to be a quicker way, so I developed this delicious and easy apple butter recipe.

Yield: 4 half-pint jam jars or 2 pints

- 3 lb. (8–9 cups chopped) apples, cored, cubed
- ¼ tsp. salt
- 2 tbsp. lemon juice
- ¼ cup organic apple cider vinegar
- 1 cup water
- 1½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ cup raw honey
- ¼ cup brown sugar, loosely packed
- ¼ tsp. vanilla extract (optional)
- ⅛ tsp. ground allspice (optional)

Add apples, salt, lemon juice, apple cider vinegar, water, and cinnamon to a large heavy-bottomed pot. Mix ingredients together, cover, and bring to medium heat. Simmer covered for 20 minutes, stirring occasionally.

Once apples are soft and can be easily smashed with a spoon or fork, remove from heat and let the apples cool off for a couple minutes. Using an immersion hand blender or other blender, purée the apples for 1 to 2 minutes into a smooth and silky consistency; be careful not to splash any hot apple mixture on yourself. Add in ground cloves, honey, brown sugar, and other optional ingredients, if desired. Use a clean spoon to scoop out a small sample to taste what ingredients you'd like to add more of. Mix well and return pot to a simmer, uncovered. Simmer on low for 20 minutes to 1 hour, stirring frequently to avoid burning the apple mixture. The length of time to simmer depends on the type of apple used. Some apples create a nice thick sauce after just 20 minutes, while others take 30 to 60 minutes. Generally, by 30 minutes, most sauces will be thick enough to can. I determine thickness by eyeballing the sauce; I can just tell, but for those that don't quite have an eye for it yet, thickness can be tested like this: take a small spoonful of the apple mixture and put it in a glass or ceramic bowl. Put the bowl in the fridge for 5 to 10 minutes to cool. Once cooled, turn the bowl on its side and the sauce should not move, or move very little. If your sauce does this, it has reached the correct thickness and is ready to can.

Ladle the hot apple mixture into jars, using a funnel to safely transfer the sauce into each jar. Leave ½-inch headspace. Use a spatula to scrape the pot clean; it's surprising how much apple butter sticks to the pan because of how thick it is. Wipe the rims of the jars clean with a dampened clean paper towel or lint-free cloth and then again with a dry towel and place the lid on. Put jar ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

SPICY PICKLED CALIFORNIA MIX

Yield: 2 pints

2 cups cauliflower florets
6 serrano peppers, sliced into ¼-inch pieces
4 cloves garlic, chopped
2 celery stalks, sliced into ¼-inch pieces
2 carrots, sliced or julienned
½ cup red bell pepper, chopped

Brine:

2 cups (5 percent acidity) distilled white vinegar
1 cup water
1 tbsp. canning salt
1 tsp. dried oregano (optional)

Clean and prepare all vegetables. In a large nonreactive pot, bring the brine ingredients to a boil. Once salt is dissolved, add the chopped veggies and bring the mixture back to a boil. Boil on medium-high for 3 minutes and reduce heat to low.

Ladle the hot vegetable mixture into the prepared jars. Use a funnel to safely transfer the mixture into the jars, leaving ¼-inch headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Let the vegetable mixture sit for 2 weeks before opening so the flavors have a chance to meld. Refrigerate after breaking the seal.

NOTES

Ball

GIARDINIERA

This is by far one of my favorite ferments. I love adding this spicy veggie mix to sandwiches, chili, eggs, pizza, pasta—pretty much everything.

Yield: 1 quart

¼ cup (1 whole) carrot, unpeeled, chopped
½ cup (2 stalks) celery, sliced into ¼-inch pieces
2 cloves garlic, chopped
½ cup (6 whole) serrano peppers, sliced into ¼-inch pieces
½ cup cauliflower florets
1 grape leaf, raspberry leaf, or oak leaf (optional)

Brine:

1 tbsp. kosher salt, dissolved in 2 cups water

Chop up all vegetables, mix together, and transfer to a quart jar or other fermentation vessel. A grape leaf, oak leaf, or raspberry leaf will help keep the vegetables crunchy due to their naturally occurring tannins, but is not required. Pour brine over the vegetables, completely covering the mixture by ½ to 1 inch, and use a weight to hold the veggies under the brine. Leave 1 to 2 inches of headspace in the jar for the weight and space for the veggies to bubble.

Cover jar with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if fermenting in a jar, add the canning jar lid and tightly screw on the ring. But you must "burp" the ferment daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. This is a 7-day ferment. Be sure to check on the ferment every day to make sure the brine remains over the mix and that no mold or yeast has begun to grow. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

NOTES

DILLED ONION RINGS

My husband's grandma Elsie turned ninety-three this year (as I write this). She is such an elegant woman and very fun to talk to. She has the best memory of anyone I know and can remember specific details such as the avenues that her friends lived on in the fifties. I'm always very impressed with her knack for detail—it's one of the things I admire most about her. She grew up in a time where canning was not a hobby, but a requirement, and was kind enough to share a few of her mother's hand-written recipes with me for this book. These dilled onion rings are one of her most cherished recipes.

Yield: 1 pint

2 cups (2 whole) yellow onions, thinly sliced
2 sprigs fresh dill weed

Brine:

½ cup granulated sugar, non-GMO or organic
1 cup (5 percent acidity) distilled white vinegar
1 tbsp. pickling salt
¼ tsp. whole peppercorns (optional)

Pack jar with onions and dill. In a nonreactive pot, bring the brine ingredients to a boil for 3 minutes, stirring until the salt and sugar is dissolved, then reduce heat to a low simmer.

Ladle the hot brine over the onions. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Use a nonreactive tool, such as a butter knife, to remove any air bubbles that may be trapped within the onions and the jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and then again with a dry towel. Place the canning lid on and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

RED ONIONS

These onions are excellent in sandwiches (especially pulled pork or burgers), served over fish, added to salads, or used as a garnish for tacos!

Yield: 1 quart

1 large red onion, sliced
1 bay leaf
½ tsp. whole black peppercorns
2 cloves garlic, crushed

Brine:

1 tbsp. of salt dissolved in 2 cups water

Peel onion and slice into ¼-inch slices. Pack jar with ingredients, adding the peppercorns and garlic at the bottom and tucking the bay leaf on the side without breaking it. Pour the brine over the onions until they are completely submerged. Leave 1½ inches of headspace for the weight, brine, and room for the ferment to bubble.

Use a weight to hold the onions underneath the brine. Cover jar/crock with a cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Or, if using a canning jar to ferment, you can add the canning lid and screw on the ring tightly. But then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 7-day ferment. Be sure to check on the ferment every couple of days to make sure the brine remains over the onions. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

PICKLED WATERMELON RADISHES

The brine of this radish pickle turns into the most beautiful shade of red after the water bath. These are great on sandwiches, chopped up in salads, or eaten as is.

Yield: 1 pint

2–3 watermelon radishes, sliced into ¼-inch pieces
1 tsp. whole black peppercorns
1 clove garlic, sliced (optional)
1 jalapeño, sliced (optional)

Brine:

½ cup (5 percent acidity) distilled white vinegar
½ cup water
1 tsp. canning salt

Wash the radishes and trim off the ends. Depending on the size of the radish, you can either leave the slices whole or cut them in half. Add in peppercorns and optional ingredients, if desired, and pack the radish slices snugly into a prepared canning jar. In a nonreactive pot, bring the brine ingredients to a boil and simmer for 3 minutes or until the salt is dissolved, then reduce heat to a low simmer.

Ladle the hot brine over the radishes. Use a funnel to safely transfer the brine into the jar, leaving ½ inch of headspace. Use a nonreactive tool, such as a butter knife, to remove any air bubbles that might be trapped within the jar. Wipe the rims of the jar with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

WATERMELON RADISH PICKLES

You'd never know the beauty hidden within this radish by looking at it from the outside. I prefer these radishes to regular red table radishes because their flavor is milder and they are much prettier. The inside is bright pink, which causes the brine to turn a lovely shade of pink.

Yield: 1 pint

1–2 watermelon radishes, thinly sliced

Brine:

1 tsp. salt dissolved in 2 cups water

Wash the radish, trim off the ends. Depending on the size of the radish, you can either leave the slices whole or cut them in half. Stack them in the jar, leaving 1½ inches of room for a weight, brine, and space for the ferment to bubble. Once the jar is packed, pour the brine over the radish slices, covering them completely.

Use a weight to hold the radish slices underneath the brine. Cover jar with cheesecloth or other breathable cover to keep dust and bugs from entering your ferment. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 4-day ferment. Be sure to check on the ferment every day to make sure the brine remains over the radish slices and that no mold or yeast forms. If the brine is low, press down the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass jar (with the brine) and refrigerate.

NOTES

SAUERKRAUT

When most people think about fermented foods, their mind immediately jumps to beer or sauerkraut. Sauerkraut is one of the most iconic fermented foods out there. It's a staple of many people's diets around the world. If everyone knew how easy it was to make themselves, they would never buy it from the store again. For years, I made sauerkraut by cutting the cabbages up, massaging in the salt, and packing my crock full—all by hand. This is a classic and simple technique, and it's a great way to do it when you are beginning. But if you know you are going to make kraut consistently throughout the year and have committed to making the awesomeness it entails on a regular basis, then I highly recommend purchasing a cabbage shredder or hunting one down at a garage sale. It turns a thirty-minute task into a 3- or 4-minute task. Not only does it speed up the process enormously, it shreds the cabbage into the perfect-sized shred for sauerkraut (or coleslaw, for that matter). If your batch of sauerkraut has a lot of liquid leftover, don't toss it—drink it! That leftover juice is what is popularly known as a "gut shot." It's filled with lots of probiotics and vitamin C, is said to be a hangover cure, and, heck, it tastes surprisingly good. If you aren't a fan of drinking the brine, marinate meat with it or use it to make a delicious salad dressing.

Yield: 3 pints

2–3 heads organic cabbage
2–3 tbsp. kosher salt

Remove the outer leaves from the cabbage and discard. Wash the cabbage with cold water. Cut each cabbage in half and remove the core from each half. Shred the cabbages into thinly sliced pieces, about ⅛ to ¼-inch thick. Once both cabbages are shredded, put the shreds in a large glass bowl or other nonreactive bowl. Mix the salt in with the cabbage shreds and massage the salt into the shreds. Transfer the mixture into a crock or jar, pushing down the cabbage mixture as you pack the vessel, leaving about 2 inches of headspace. I have a wooden kraut pounder (also known as a cabbage tamper/masher/pounder) for this task that helps me get leverage with the tool and really pack the crock/jars tightly full of cabbage and release any liquid from the cabbage.

Within 1 hour, all the cabbage should be packed into your fermenting vessel(s) and enough brine should be naturally created to cover the cabbage shreds. If there is not enough brine

to cover the cabbage, mix extra brine (dissolve 1 tablespoon with 2 cups water) and add it to the jar/crock until the cabbage shreds are covered. I have only had to do this a couple of times in all the years I have been fermenting, so this is not common. The amount of liquid released has to do with how fresh the cabbage is.

Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or another breathable cover to keep dust and bugs from entering your ferment. If using jars to ferment, you can also tightly screw on the lid, but you must "burp" the jars daily to release built-up gasses that occur during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C).

This is a 3- to 5-week ferment. Be sure to check on the ferment daily to make sure the brine remains over the cabbage and that no mold has begun to form. It is completely normal to see little bubbles or even foam-like bubbling occur at the top of the ferment. If the brine is low, press down the weight to bring the brine back over the ferment. Weekly taste testing is recommended to determine which flavor you prefer as the ferment changes throughout the process. Once fermentation is complete, store in airtight glass jars (with the brine) and refrigerate.

Recipe Variation: Purple Kraut

Mix one head of green cabbage with one head of red or purple cabbage and follow the Sauerkraut directions fully. The combination of the two cabbages makes a stunning pink or purple sauerkraut that livens up every plate!

Recipe Variation: Beet Kraut

Follow the Sauerkraut recipe above, but add one grated beet into the cabbage and salt mixture. Wash the beet and trim off the ends before grating, but leave the skin on. The addition of the beet will make a beautiful deep pink/purple sauerkraut that has a hint of beet flavor. It's gorgeous *and* delicious!

SAUERKRAUT: STEP-BY-STEP

1.

Remove outer layers of the cabbage, wash, halve, remove core, and shred into thin, uniform slices so the kraut ferments evenly.

2.

Mix in salt.

3.

4.

Use your fist or other tool to tightly pack the cabbage down into your fermentation vessel of choice.

5.

SAUERKRAUT WITH CARAWAY SEEDS

This recipe can be made without caraway seeds as well; just follow processing directions without adding the seeds. If you prefer more of a caraway seed presence, try lightly toasting the seeds in a frying pan before mixing them in with the sauerkraut. Fermented, unprocessed kraut is more beneficial to your health because it's full of healthy belly bacteria that, once water-bath processed, is killed off. However, it is nice to have on hand when needed so it's worth making a few jars shelf-stable. To make canned sauerkraut, you must first ferment the cabbage.

Yield: 3 pints

2 heads organic cabbage
2 tbsp. kosher salt
1 tsp. caraway seeds, per pint

Remove the outer leaves from the cabbage and discard. Wash the cabbage with cold water. Cut each cabbage in half and remove the core from each half. Shred the cabbages into thinly sliced pieces, about ⅛ to ¼-inch thick and collect in a large nonreactive bowl, such as glass. Mix the salt in with the cabbage shreds and massage the salt into the shreds. You'll know the cabbage is ready to be packed into the vessels if when you grab a fistful and squeeze, brine drips from your fists. Transfer the mixture into a crock or jar, pushing down the cabbage mixture as you pack the vessel, leaving about 2 inches of headspace. I have a wooden kraut pounder (also known as a cabbage tamper/masher/pounder) for this task that helps me get leverage with the tool and really pack the crock/jars tightly full of cabbage and release the liquid from the cabbage.

Within 1 hour, all the cabbage should be packed into your fermenting vessel(s) and enough brine should be naturally created to cover the cabbage shreds.

If there is not enough brine to cover the cabbage, mix extra brine (dissolve 1 tablespoon with 2 cups water), and add it to the jar/crock until the cabbage shreds are covered. I have only had to add brine a couple of times in all my years of fermenting, so it is not common. The amount of brine that is created during the dry-salting method is related to how fresh the cabbage is.

Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or another breathable cover to keep dust and bugs from entering your ferment. If using jars

to ferment, you can also tightly screw on the lid but you must "burp" the jars daily to release built-up gasses that occur during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C).

This is a 3- to 5-week ferment. Be sure to check on the ferment every few days to make sure the brine remains over the cabbage and that no mold has begun to form. It is completely normal to see little bubbles or even foam-like bubbling occur at the top of the ferment. If the brine is low, press down the weight to bring the brine back over the ferment. Weekly taste testing is recommended to determine which flavor you prefer as the ferment changes throughout the process.

To water-bath can: Once the cabbage has fermented to your liking, use a measuring cup to determine how much sauerkraut you have and ultimately how many pint or quart jars you will need to prepare for this recipe. Heat sauerkraut in a heavy-bottomed, nonreactive pot and bring to a boil. Stir often to avoid burning the kraut. Once heated thoroughly, simmer for 5 minutes and reduce heat to low. Disperse sauerkraut and caraway seeds into the prepared canning jars. Use a funnel to safely transfer the kraut into the jars, leaving ½-inch headspace. Use a stainless-steel butter knife or other similar tool to get rid of any air bubbles trapped within the sauerkraut and the jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes for pints and 15 minutes for quarts. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

QUICK CURTIDO

Curtido is a traditional El Salvadorian cabbage salad. It can be eaten any way that you'd normally enjoy sauerkraut but it's also phenomenal added to tacos. I keep finding new ways to incorporate this delicious ferment to my everyday meals.

Yield: 1 quart

1 head organic green cabbage
3 carrots, grated
1 onion, thinly sliced
2 jalapeños, thinly sliced
1 tsp. fresh lime juice
1½ tbsp. kosher salt

In a large glass bowl, mix all grated and sliced veggies together with lime juice and massage with salt. I have a small 2.5-liter crock that I use when making small batches. If you do not have a small crock, use a glass quart canning jar.

Within an hour, all the shredded vegetables should be packed into your fermenting vessel(s), and enough brine should be created to cover the cabbage shreds. Pack the jar tightly, but leave 1 to 2 inches of headspace. If there is not enough brine to cover the cabbage, mix extra brine (dissolve 1 tablespoon with 2 cups water) and add it to the jar/crock until the cabbage shreds are covered. Use a weight to hold the vegetables underneath the brine. Cover jar/crock with a cheesecloth or another breathable cover to keep dust and bugs from entering your ferment. If fermenting in canning jars, you can also screw the lid on the jar tightly, but then you must "burp" the ferment daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C).

This is a 10- to 12-day ferment. Be sure to check on the ferment every few days to make sure the brine remains over the cabbage and that no mold has begun to form. It is completely normal to see little bubbles or even foam-like bubbling occur at the top of the ferment. If the brine is low, press down the weight to bring the brine back over the ferment. Taste test after 7 days to determine if the flavor is ideal or if you'd like to ferment a few more days. Once fermentation is complete, store in glass, airtight jars (with the brine) and refrigerate.

SPICY CURRIED-CAULIFLOWER PICKLES

Super delicious, zingy cauliflower pickles with a mild spice.

Yield: 2 pints

4 cups cauliflower florets
2 bay leaves
½ tsp. celery seeds
2 tsp. crushed red pepper flakes or more for extra spice

Brine:

2 cups (5 percent acidity) distilled white vinegar
1 cup water
2 tsp. curry powder
1 tsp. canning salt

Clean cauliflower and cut away bite-size pieces of the florets. It will take about ½ a cauliflower to fill 2 pints.

In a nonreactive pot, prepare the brine. Bring to a boil and simmer 3 minutes until the salt is dissolved, then turn the brine down to low.

Divide the bay leaves, celery seeds, and crushed red pepper flakes between the jars. Pack the jars with cauliflower and carefully ladle the hot brine over, leaving ½ inch of headspace. Use a funnel to safely transfer the brine to each jar. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and once again with a dry towel. Place the canning lid on the jar and twist on the canning ring until it's just snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes for pints and 15 minutes for quarts. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Allow the cauliflower to pickle for at least 1 week before opening. Store in the refrigerator after the seal is broken.

NOTES

CAULIFLOWER WITH TURMERIC

This cauliflower ferment is another one of my favorite ferments (I have many, it seems). The cauliflower keeps a nice crunch after fermentation and has excellent flavor. Fresh turmeric can be substituted for ground turmeric in the recipe.

Yield: 1 quart

3½ cups cauliflower florets
4 cloves garlic slivered
2 jalapeños, stems removed, sliced

Brine:

1 tsp. kosher salt dissolved in 2 cups water
2 tsp. ground or fresh turmeric

Wash cauliflower and cut the florets in uniform-sized pieces so they ferment evenly. In a large bowl, mix the cauliflower, garlic, and jalapeños together. Transfer the cauliflower mixture to a clean quart jar or other fermentation vessel.

Once the jar/vessel is packed, pour the brine over, making sure to submerge the veggies completely. Leave 1 to 2 inches of headspace for a weight and space for the ferment to bubble. Cover the jar/vessel with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If fermenting in a jar, you can screw on the lid tightly but then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 6-day ferment. Check on the ferment every day to make sure the brine remains over the veggies and that no mold or yeast forms. If the brine is low, press down on the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

NOTES

BUTTERNUT SQUASH

These tasty squash bites are great as a stand-alone snack and taste delicious blended up in a smoothie, diced up in a fruit salad, or served with fish.

Yield: 1 quart

3½ cups cubed butternut squash, skin removed
2 whole cinnamon sticks

Brine:

1 tbsp. kosher salt dissolved in 2 cups water

Fill a quart-sized jar with the cubed squash. Fit the cinnamon sticks in with the cubes, and try to wedge them in so they do not float to the top. Pour the brine over the squash until it covers them. If the squash will not stay under the brine on their own, add a weight to hold them down. Cover the jar with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 3-day ferment. Check on the ferment daily to make sure the brine remains over the squash. If the brine is low, press down on the weight with a clean finger to bring the brine back over the ferment. Once the fermentation is complete, store in a glass, airtight jar and refrigerate.

NOTES

PICKLED BRUSSELS SPROUTS

Pickled Brussels sprouts are one of the items on my annual "must-make" list. If we don't have a fresh vegetable side to eat with dinner, I pull these out. My husband and daughter don't typically like Brussels sprouts, but they love them pickled. They are also incredibly delicious garnishes for Bloody Marys and make unique gifts. Regular-mouth jars are recommended for this recipe, as the design of the jars helps keep the Brussels sprouts pushed down in the jar.

Yield: 2 pints

3 cups Brussels sprouts
6 cloves garlic, sliced
2 tsp. yellow mustard seeds
2 tsp. red pepper flakes (optional, but recommended)

Brine:

2 cups water
2 cups (5 percent acidity) white distilled vinegar
2 tbsp. pickling salt

Baby Brussels sprouts are preferable for this recipe, but medium ones will do. Clean the Brussels sprouts by soaking them, trimming off the ends, and removing the outer layers of leaves. Cut off any blemishes. Cut larger Brussels sprouts in half. In a nonreactive pot, bring the brine ingredients to a boil for 3 minutes, then reduce heat to a low simmer.

Divide the garlic between the jars. Pack the jars with Brussels sprouts and try to fit them in snugly. Divide the mustard seeds and optional red pepper flakes, if desired, between the jars. Ladle the hot brine over the Brussels sprouts. Use a funnel to safely transfer the brine into each jar, leaving ½ inch of headspace. Use a nonreactive tool, such as a butter knife, to remove any air bubbles that may be trapped within the jar and sprouts. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid on the jar and twist the canning ring on until it's just-snug on the jar. Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal. Allow the Brussels sprouts to pickle at least 2 weeks before tasting so the flavors have a chance to meld. Store in the refrigerator after breaking the seal.

BRUSSELS SPROUT PICKLES

These little mini cabbages take quite a while to ferment but they are worth the wait! If impatient, you can shred the Brussels sprouts, but be sure to begin taste testing them after two weeks to determine if the flavor you are looking for has been reached. If not, ferment a few more days and taste again.

Yield: 1 quart

1 lb. Brussels sprouts, halved
1 tsp. whole peppercorns
2 cloves garlic, crushed

Brine:

1 tbsp. salt, dissolved in
2 cups water

Baby Brussels sprouts are preferable for this recipe, but medium ones will do. Clean the Brussels sprouts by soaking them, trimming off the ends, and removing the outer layers of leaves. Cut off any blemishes. Cut larger Brussels sprouts in half. Pack the peppercorns, sprouts, and garlic in a clean quart jar, leaving 1½ inches of headspace. Pour the brine over the sprouts, submerging them completely.

Cover the jar/vessel with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If fermenting in a canning jar, you can also tightly screw the lid on, but then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight. This is a 4-week ferment. Check on the ferment every day to make sure the brine remains over the veggies and that no mold or yeast forms. If the brine is low, press down on the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

NOTES

BONUS RECIPES

Bloody Mary Mix 164
Classic Blueberry Jam 167
Candied Jalapeños 168
Drunken Peach Jam 171
Ground Horseradish Root 172
Fresh Tomato Salsa 175
Hot Pickled Veggies 176
Onion Pepper Relish 179
Peach Shrub 181
Strawberry Kvass 182

BLOODY MARY MIX

It's only fitting that I include my Bloody Mary Mix recipe in this book since that is the entire reason I became interested in canning so many years ago (to make The Perfect Garlic Dill Pickle [page 80] to go along with my Bloody Mary obsession). This is a classic recipe that can be tweaked to your liking once served. It's great as is, or it can be jazzed up with hot sauce, horseradish, and many of the pickles found in this book.

Yield: 3 pints

- 8 cups (about 5 lbs.) ripe canning tomatoes, cored and quartered
- 7 cloves garlic, halved
- 2 tbsp. onion powder
- 1 tsp. celery salt
- ⅛ tsp. ground cloves
- 1 tsp. canning salt
- 1 tbsp. Worcestershire sauce
- 1 tsp. ground horseradish (optional)
- 1 tbsp. lemon juice per pint jar (or 2 tbsp. lemon juice if canning in quart jars)

Wash tomatoes and remove stems and cores, as well as any bruised or flawed areas. In a large nonreactive pot, bring all ingredients except the horseradish and lemon juice to a simmer. Simmer 15 to 20 minutes or longer if needed, until the tomatoes have begun to break down.

Remove from heat and use an immersion hand blender to purée the mixture. Then, working in batches, use a fine mesh strainer with a bowl or large measuring cup underneath to separate the juice from the pulp. Use a spatula or spoon to help speed the process along by pushing and stirring the pulp in the strainer and forcing out the liquid. Pour the reserved tomato juice into a large nonreactive saucepan, add the horseradish, if desired (it will lose spiciness as it's cooked), and bring to a boil. Reduce heat and simmer 3 minutes.

Add 1 tablespoons lemon juice to each pint jar, or 2 tablespoons lemon juice if canning in quart jars.

Ladle the tomato juice into warm prepared jars. Use a funnel to safely transfer the mixture, leaving ½ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid over the rim of the jar and screw the ring on until it's just-snug on the jar (not fully tightened). Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 35 minutes, or 40 minutes if canning in quart jars. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 24 hours without touching. After 24 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal. Drink within one week after opening.

CLASSIC BLUEBERRY JAM

Dark, vibrant, and full of flavor. This jam is great on classic peanut butter and jam sammies or used on a charcuterie platter with soft cheese and crackers.

Yield: 4 (8-oz.) jelly jars

- 2 lbs. fresh blueberries (about 6 cups)
- 3 cups organic or non-GMO granulated sugar
- 2 tbsp. lemon juice

Wash berries and remove any stems and soft or damaged berries. Add blueberries to a large heavy-bottomed, nonreactive pot and use a potato masher to break them down somewhat. Add in the sugar and lemon juice, and stir together. Bring ingredients to a boil, then reduce heat to medium-high and simmer for 20 minutes until the jam begins to thicken, stirring frequently.

Ladle the hot berry mixture into warm prepared jars. Use a funnel to safely transfer the mixture, leaving ¼ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid over the rim of the jar and screw the ring on until it's just-snug on the jar (not fully tightened). Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

NOTES

CANDIED JALAPEÑOS

This condiment is sweet and spicy and highly addictive. I like to share this preserve with guests as an appetizer, served with a variety of soft cheeses and crackers. This version of "Cowboy Candy," as some call it, is adapted from a recipe I found in Rebecca Lindamood's cookbook, *Not Your Mama's Canning Book*.

Yield: 3 pints

16 cups sliced jalapeños (about 3 lbs. in whole form)

Syrup:

1½ cups organic apple cider vinegar
4 cups organic or non-GMO granulated sugar
½ tsp. ground turmeric powder
½ tsp. celery seeds
1 tbsp. granulated garlic powder

Wash jalapeños and remove stems (discard). Slice jalapeño peppers ¼–⅛-inch thick, and collect them in a large bowl. In a large nonreactive pot, bring the syrup ingredients together and bring to a boil. Reduce heat to simmer and stir until all of the sugar has dissolved. Carefully add all jalapeño slices into the syrup, stir together, and turn heat back up to a boil. Boil for a minimum of 5 minutes. I prefer to "overcook" my jalapeños until they begin to shrivel a bit (this can take 15-plus minutes). Determine length of cook time based upon your personal preference. I like the jalapeños shriveled a bit because I prefer the tougher texture that way.

Ladle the hot syrup and pepper slices into warm, prepared canning jars, leaving ¼-inch head space. I find it easiest to attempt to scoop mostly jalapeño slices into the jars (a slotted spoon can be useful here), and then go back and top off syrup where needed (that way you avoid a jar of syrup with few slices). Use a stainless-steel butter knife or other clean tool to remove any air bubbles trapped within the peppers and the side of the jar. As the syrup settles between the slices, you may need to add in more.

Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid over the rim of the jar and screw the ring on until it's just-snug on the jar (not fully tightened). Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 15 minutes (10 minutes if using 8-ounce half-pint jelly jars, or 4-ounce canning jars). Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

DRUNKEN PEACH JAM

This peach jam is absolutely delicious and incredibly versatile. I love mixing it with yogurt, but it's also great on crunchy toasted breads or used as a glaze for proteins.

I leave the skins on the peaches because it makes the prep work that much easier, but also because I don't mind the texture in my jam. Plus, I think the peach skins aid in coloring the jam the gorgeous color it is.

Yield: 3 (8-oz.) jelly jars

- 4 cups diced yellow peaches, pitted, skins on (or off if that is your preference)
- 1¼ cups granulated organic or non-GMO sugar
- 2 tsp. vanilla extract
- ⅔ cup whiskey (you will taste the flavor, so pick one you like)
- ½ cup finely chopped apple, peeled (apple is not required, but I like the crunch the apples add)
- 1 tbsp. lemon juice

Wash the peaches, cut away any bruised or flawed areas, and remove the pits. Rough chop into bite-sized pieces. Add peaches to a large heavy-bottomed, nonreactive pot and use a potato masher to carefully break down the peaches somewhat. Add sugar, vanilla, whiskey, apple (optional) and lemon juice, then turn up the heat to a medium-high simmer. Stir often and simmer 20 to 30 minutes until the mixture begins to thicken. Pay special attention near the end, as the jam thickens and is more susceptible to burning.

Ladle the hot peach jam into warm prepared jars. Use a funnel to safely transfer the mixture, leaving ¼ inch of headspace. Wipe the rims of the jars with a dampened, clean, lint-free cloth or paper towel and again with a dry towel. Place the canning lid over the rim of the jar and screw the ring on until it's just-snug on the jar (not fully tightened). Carefully lower the jars into the water bath, cover with the lid, and once the water bath reaches a rolling boil, set the timer and process in the water bath for 10 minutes. Carefully remove the jars from the water bath with the canning tongs and place jars on a towel-lined surface for 12 hours without touching. After 12 hours, remove the jar rings and test to make sure all lids are securely sealed onto the jars, then label and date the jars. Refrigerate after breaking the seal.

GROUND HORSERADISH ROOT

There is no USDA-approved method for canning horseradish, but this recipe will last weeks. I had to include this recipe in the bonus section since I added my homemade Bloody Mary Mix recipe; the two go hand in hand. Horseradish is also delicious mixed with cocktail sauce and enjoyed with poached shrimp, it's wonderful mixed with sour cream to be served with prime rib, and if mixed with mayo, it makes a great sandwich spread.

Yield: 1 (8-oz.) jelly jar

1 cup horseradish root, peeled, cubed
¼ tsp. canning salt
½ cup (5 percent) white distilled vinegar

Add prepared horseradish root into a food processor and blend. Once chopped, the oils in the root become exposed to the air and will make the horseradish very spicy (this can also sting your eyes, similar to an onion but far worse, so keep a safe distance). Vinegar will stop this reaction, so if you want a mild ground horseradish, add the vinegar and salt right away after chopping. If you want a hot ground horseradish, allow the ground root to sit in the food processor for 5 to 10 minutes before moving onto the next step.

Once you are ready, add the salt and vinegar to the food processor and blend together again until the prepared horseradish reaches the desired consistency. If the horseradish seems very dry, add in a teaspoon more of vinegar and blend again. Repeat until complete. Transfer the prepared horseradish to a clean canning jar and tightly screw the lid on. Refrigerate and eat within 4 weeks for best flavor.

NOTES

FRESH TOMATO SALSA

There are few things better in the middle of summer than fresh tomato salsa.

Yield: 1 quart

3 cups ripe tomatoes, diced
1 cup onion, finely diced
¼ cup jalapeño, finely chopped (less if less spiciness is desired)
1 clove garlic, finely minced
Juice of 1 lime
¼ cup cilantro, chopped
½ tsp. kosher salt
Ground black pepper, to taste

Prepare all ingredients and mix them together in a large nonreactive bowl, such as glass or stainless steel. Pack the mixture into a quart jar leaving 1 to 2 inches of headspace. Use a small weight to keep the vegetables submerged under the brine.

Cover the jar/vessel with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If fermenting in a canning jar, you can also tightly screw the lid on, but then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15-23°C). Keep out of direct sunlight.

This is a 12- to 48-hour ferment. This salsa is delicious as soon as it's mixed up, but as it ferments it will get a bit carbonated and the flavors will blend together and transform the salsa. If the brine is low, press down on the weight to bring the brine back over the ferment. Taste test to determine when it has reached the desired flavor. Store in an airtight glass container (with the brine) and refrigerate.

NOTES

HOT PICKLED VEGGIES

These hot pickled veggies are a great condiment for endless dishes. Though they are most commonly used in Latin American cuisines, they are incredibly versatile.

Yield: 1 quart

1 cup cauliflower florets, cut into uniform bite-sized pieces
½ cup (skin on) carrots, cut into ½-inch coins
½ cup red onion, sliced thinly
2 cups jalapeños (or other hot peppers of your choice), sliced into ¼-inch or ⅛-inch slices
4 cloves garlic, crushed
½ tsp. whole black peppercorns (optional)
1 bay leaf, a little fresh oregano, or a few whole garlic cloves (optional)
1 grape leaf (or raspberry or oak leaf) with naturally occurring tannins to keep veggies crunchy

Brine:

1 tbsp. kosher salt, dissolved in 2 cups water

Clean and chop all veggies and mix together. Pack jar with prepared ingredients, adding the optional ingredients at the bottom. Pour the brine over the veggie mix until they are completely submerged, leaving 1½ inches of headspace. Use a small weight to keep the vegetables submerged under the brine.

Cover the jar/vessel with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If fermenting in a canning jar, you can also tightly screw the lid on, but then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 7-day ferment. Check on the ferment every day to make sure the brine remains over the veggies and that no mold or yeast forms. If the brine is low, press down on the weight to bring the brine back over the ferment. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

ONION PEPPER RELISH

This relish is a welcome condiment at any grill-out. It's great on sandwiches, burgers, mixed into tuna, or stirred into a pasta salad.

Yield: 1 quart

3 cups onions, thinly sliced
2 cups red bell peppers, thinly sliced
¼ cup jalapeño peppers, thinly sliced
½ tsp. celery seeds
2 cloves garlic, finely chopped (optional)
2 tsp. kosher salt

Clean and chop all veggies and mix together with celery seeds. Sprinkle salt over the veggies and stir well.

Pack jar with prepared ingredients, leaving 1½ inches of headspace. Use a small weight to keep the vegetables submerged under the brine.

Cover the jar/vessel with a cheesecloth or other breathable cover to keep dust and bugs from entering the ferment. If fermenting in a canning jar, you can also tightly screw the lid on, but then you must "burp" the jar daily to release the built-up gasses that are created during fermentation. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

This is a 4- to 5-day ferment. Check on the ferment every day to make sure the brine remains over the veggies and that no mold or yeast forms. If the brine is low, press down on the weight to bring the brine back over the ferment. Taste test after about a week to determine if the ferment is "done." If not, allow it to keep fermenting and taste periodically. Once fermentation is complete, store in an airtight glass container (with the brine) and refrigerate.

NOTES

Peaches mixed with sugar to create a syrup.

Finished shrub! Syrup mixed with vinegar.

NOTES

PEACH SHRUB

Shrubs are essentially fruit syrups that are mixed with vinegars to create a delicious base that can be mixed with water, carbonated water, or used as a cocktail mixer. Here is one of my favorite shrubs to make at home, but this method can be applied to pretty much any fruit and herb.

Yield: 2–3 cups shrub (once finished)

- 1½ cups chopped organic peaches, skin on (fresh or frozen)
- 1½ cups organic or non-GMO granulated sugar, or other natural sweetener of choice (such as honey, coconut sugar, or maple syrup)
- 1½ cups organic, unpasteurized apple cider vinegar, or other vinegar of choice

Wash peaches, cut away any bruised or flawed areas, and remove pits. Combine peaches with sugar or other natural sweetener of choice and mix well. Add mixture to a quart jar and cover with canning jar lid and ring tightly. Leave the jar on the counter at room temperature and allow the fruit to macerate for 3 to 4 days (out of direct sunlight), until the natural juices from the peach dissolve the sugar and a syrup is created. It helps to stir the mixture a couple times a day, or shake the mixture vigorously in the jar. This process can be sped up by cooking the peaches with sugar, but I prefer a fresh peach flavor versus a cooked peach flavor, and that's why I choose to go the slower route. Frozen fruit works great for shrub making, since the fruit juices are more readily available once thawed.

After a few days, once a delicious syrup has been created, use a fine mesh strainer to strain out the solids, reserving the syrup in a clean jar or measuring cup. Then, add vinegar of equal measurement to the amount of syrup made, and mix together well. Apple cider vinegar is my favorite to mix together when making fruit shrubs, not only because of the probiotic benefits, but also because of the flavor. However, you can mix the fruit syrup with any other vinegar that is at least 5 percent acidity.

Once mixed, store in an airtight container or jar, and refrigerate. Drink within a few months for best flavor. To serve, I like to mix about 2 ounces of shrub with 6 ounces of water or carbonated water, and enjoy over ice. You won't believe what a refreshing and delicious combo this makes.

STRAWBERRY KVASS

We make kvass with pretty much any fruit we have available to us throughout the growing season. We enjoy the lightly carbonated and fruity flavored drinks over ice. Strawberry kvass is one of our top favorites to make and is very refreshing.

Yield: 1 quart

1½ cups strawberries quartered
2½ –3 cups water, as needed
1 tbsp. raw honey

Wash strawberries, remove stems, and remove any bruised or flawed areas. Add prepped strawberries to a clean quart jar. Add water to the jar, leaving 1 inch of headspace. Mix in honey; it will effortlessly dissolve on its own in time. Place the canning jar lid on the jar and tightly screw on the ring. Store at room temperature, ideally between 60 and 75°F (15 and 23°C). Keep out of direct sunlight.

Check on the ferment at least twice a day to "burp" the jar, and release any carbon dioxide that has built up during fermentation. Stir the mixture and replace the tightened lid. Ferment for 4 to 7 days. Taste a spoonful to determine completion; if it doesn't have much strawberry flavor after 4 days, keep it fermenting and taste test again on day 5, and so on. Overfermenting will result in an alcoholic taste. Strain out berries, reserve kvass, and store in the refrigerator in an airtight container or jar. Drink within 2 weeks for best flavor.

And don't toss the berries! They can be eaten as is, added to smoothies, or mixed into yogurt.

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RESOURCES

Canning

National Center for Home Preservation: Nchfp.uga.edu

Fermentation

Stone Creek Trading: Stonecreektrading.com

My favorite resource for various-sized crocks in a variety of styles, crock weights, cabbage shredders, cabbage corers, cabbage pounders, and other supplies.

Pickl-It.com: Pickl-it.com

A great resource for glass jars with airlocks.

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods by Sandor Katz
This book goes into depth about the process of fermentation as well as the history, and offers recipes for vegetables but also cheese, yogurt, bread and more.

Both

Amazon.com: Amazon.com
Most everything on the supply lists for canning and fermenting can be found at Amazon.com.

LeParfait: Leparfait.com
Glass jars in various sizes, great for canning and fermenting.

Minnesota from Scratch: MinnesotafromScratch.com (Stephanie Thurow's blog)
Facebook: Minnesota from Scratch Blog Page
Instagram: @minnesotafromscratch, Twitter: @StephLovestoCan

Morton Salt Conversion Chart: mortonsalt.com/article/salt-conversion-chart/

Mountain Rose Herbs: Mountainroseherbs.com
Excellent supplier of organic herbs in bulk.

WECK jars: weckjars.com
Gorgeous all-glass jars, with a variety of sizes. Great for both canning and fermenting. I also use small WECK jar lids as weights when fermenting in jars.

ACKNOWLEDGMENTS

Thank you to the talented artist, Rhonda Asher, who drew the incredible colored-pencil section dividers throughout the book. They turned out even more beautiful and lifelike than I could have imagined. I'm honored you included your work in my book.

Thanks to my editor Nicole Mele for her support and guidance through this process.

Warmest thanks to all my family and friends who encouraged me to write this book, taste tested my experimental creations, and gave me feedback on my recipes. A special thanks to Grandma Elsie for sharing her mother's recipes with me, and to my friends Melanie and Joe Azen for going out of their way to offer so much help and support during the book-writing process.

Finally, thank you to my husband, Ben, and daughter, Sophia, who visited farmers' markets all around the state of Minnesota with me throughout 2016 and made countless store runs for this-or-that as I made magic in the kitchen. I appreciate your help through this process—and your help in the kitchen, too. You two mean the world to me; I'm so grateful for you both.

CONVERSION CHARTS

METRIC AND IMPERIAL CONVERSIONS

(These conversions are rounded for convenience)

Ingredient	Cups/Tablespoons/ Teaspoons	Ounces	Grams/Milliliters
Butter	1 cup = 16 tablespoons = 2 sticks	8 ounces	230 grams
Cheese, shredded	1 cup	4 ounces	110 grams
Cream cheese	1 tablespoon	0.5 ounce	14.5 grams
Cornstarch	1 tablespoon	0.3 ounce	8 grams
Flour, all-purpose	1 cup/1 tablespoon	4.5 ounces/0.3 ounce	125 grams/8 grams
Flour, whole wheat	1 cup	4 ounces	120 grams
Fruit, dried	1 cup	4 ounces	120 grams
Fruits or veggies, chopped	1 cup	5 to 7 ounces	145 to 200 grams
Fruits or veggies, puréed	1 cup	8.5 ounces	245 grams
Honey, maple syrup, or corn syrup	1 tablespoon	.75 ounce	20 grams
Liquids: cream, milk, water, or juice	1 cup	8 fluid ounces	240 milliliters
Oats	1 cup	5.5 ounces	150 grams
Salt	1 teaspoon	0.2 ounce	6 grams
Spices: cinnamon, cloves, ginger, or nutmeg (ground)	1 teaspoon	0.2 ounce	5 milliliters
Sugar, brown, firmly packed	1 cup	7 ounces	200 grams
Sugar, white	1 cup/1 tablespoon	7 ounces/0.5 ounce	200 grams/12.5 grams
Vanilla extract	1 teaspoon	0.2 ounce	4 grams

Fahrenheit	Celsius	Gas Mark
225°	110°	¼
250°	120°	½
275°	140°	1
300°	150°	2
325°	160°	3
350°	180°	4
375°	190°	5
400°	200°	6
425°	220°	7
450°	230°	8

INDEX

A

airlock fermenting jars, 18, 19, 21, 78
altitude, 14
apples
  Applesauce, 133
  Cinnamon-Honey Apple Butter, 136–*137*
  Cranberry-Apple Jam, 118–*119*
  Quick Applesauce, *132*–133
  Rhubarb Apple Jam, 30
apricots, 45
Asparagus, Garlicky, 34–*35*

B

basil, *96*–97
beets
  Beet Kraut, 148
  Beet Kvass, 102–*103*
  Grandma's Pickled Beets, 98–*99*
  Pickled Beets, *100*–101
Bloody Mary Mix, 164–*165*
blueberries, *166*–167
boiling. *see* water bath canning
botulism, 15
breakage, jar, 12, 13–14, 15, 21
brine, 20
brussels sprouts
  Brussels Sprouts Pickles, 161
  Pickled Brussels Sprouts, 159
burping ferments, 21
Butternut Squash, 158
butters
  Cinnamon-Honey Apple Butter, 136–*137*
  Pumpkin Pie Pumpkin Butter, 126–*127*

C

cabbage
  Napa Cabbage Kimchi, 68–*69*
  Quick Curtido, 152–*153*
  Sauerkraut (with variations), 147–148, *149*
  Sauerkraut with Caraway Seeds, 150–151
Candied Jalapeños, 168–*169*
canning process
  boiling, 12–14
  and fermentation, 4
  hot pack vs cold pack, 12
  local and organic produce, 4–5
  step-by-step, 10–11
  storage, 14–15
  supplies, 6–8
  water bath canning, 4, 12–15
caraway seed sauerkraut, 150–151
carrots
  Carrot Pickles with Pickling Spice, 75
  Garlicky Carrot Pickles, 74–*75*
  Giardiniera, *140*–141
  Spicy Pickled California Mix, 138–*139*
  Spicy Pickled Carrots, 72–*73*
  Zucchini-Carrot Relish, 114–*115*

cauliflower
Cauliflower With Turmeric, 156–*157*
Giardiniera, *140*–141
Hot Pickled Veggies, 176–*177*
Spicy Curried-Cauliflower Pickles, *154*–155
Spicy Pickled California Mix, 138–*139*
cherries
Cherry Salsa, *40*–41
Whole Cherries in Honey Syrup, 38–*39*
Cherry Tomatoes with Garlic and Fresh Basil, *96*–97
children, including, 23–24, *25*
Chunky Strawberry Sauce, 42–*43*
Cinnamon-Honey Apple Butter, 136–*137*
Classic Blueberry Jam, *166*–167
cloudy brine, 21–22
cold pack canning process, 12
conversion charts, *191*
"Cowboy Candy," 168–*169*
cranberries
Cranberry-Apple Jam, 118–*119*
Cranberry-Honey Ferment, *120*–121
Whole Cranberry Sauce, 122–*123*
cucumbers
buying and preparing, 1
The Perfect Garlic Dill Pickle, 80–81, *82–83*
Pickles (fermented), 84–*85*
Polish Dill Pickles, 87
curry, *154*–155
Curtido, Quick, 152–*153*

D

dandelions
Dandelion Buds, 53
Dandelion Jelly, 50–*51*
dill
Dilled Onion Rings, 142
The Perfect Garlic Dill Pickle, 80–81, *82–83*
Drunken Peach Jam, *170*–171

E

eggs
Pickled Eggs, 77
Purple Pickled Eggs, 99

F

fennel
Fennel and Radish Slaw, 57
Pickled Fennel, 54–*55*
fermentation
and canning, 4
fermented produce, 4
process
brine, 20
burping, 21
checking on ferments, 21, 78
cloudy brine, 21–22
floater removal, 21
headspace, 20
kahm yeast, 22, 78
overview, 20
tannins, 22, 84
temperature, 21
supplies
common, 16–17
jars/crocks, 16–17, 18–19
salt and water, 16
for sauerkraut, 19
fermented produce, 4
fiddlehead ferns
Fiddlehead Fern Pickles, 58–59

finding, 58
and foodborne illness, 61
floaters, 21
Fresh Tomato Salsa, *174*–175

G
garlic
Cherry Tomatoes with Garlic and Fresh Basil, *96*–97
Garlic Spread, 90–91
Garlicky Asparagus, 34–*35*
Garlicky Carrot Pickles, 74–*75*
The Perfect Garlic Dill Pickle, 80–81, *82*–*83*
garlic cloves
Garlic Cloves, 91
Garlic Cloves in Honey, 90
Spicy Sriracha Garlic Cloves, 88–*89*
garlic scapes
Garlic Scape Pickles (recipe 1), 62
Garlic Scape Pickles (recipe 2), 65
Garlic Scape Spread, 65
Giardiniera, *140*–141
gochugaru, 67, 68
Grandma's Pickled Beets, 98–*99*
Grandpa's Homemade Spaghetti sauce, *94*–*95*
green beans
Green Beans, 106
Pickled Green Beans, *104*–105
Green Tomato Salsa
canned, 107
fermented, 108–*109*
Ground Horseradish, 172

H
headspace, 20
honey
Cinnamon-Honey Apple Butter, 136–*137*
Cranberry-Honey Ferment, *120*–121
Dandelion Jelly, 50–*51*
Garlic Cloves in Honey, 90
Whole Cherries in Honey Syrup, 38–*39*
horseradish, 172–*173*
hot pack canning process, 12
Hot Pickled Veggies, 176–*177*

J
jalapeños
Candied Jalapeños, 168–*169*
Hot Pickled Veggies, 176–*177*
Jalapeño Sauce, 78–*79*
pickle variation, 80, 83
Pickled Eggs, 77
Pickled Jalapeño Slices, 76–*77*
Refrigerator Pickle, 77
jams and Jellies
Classic Blueberry Jam, *166*–167
Cranberry-Apple Jam, 118–*119*
Dandelion Jelly, 50–*51*
Drunken Peach Jam, *170*–171
Rhubarb Apple Jam, 30
Strawberry Rhubarb Jam, *28*–29
jars, 7, 12–13, 16–17, 18–19

K
kahm yeast, 22, 78
kimchi
Napa Cabbage Kimchi, 68–*69*
Spring Onion Kimchi, 67
Kociolek, Kryz & Emily, 87
kosher salt, 6, 16
kvass

Beet Kvass, 102–*103*
Strawberry Kvass, 182–*183*
Sugar Pumpkin Kvass, *128*–129

L
lacto-fermentation, 4, 20
lemon juice, 6
lids, 13, 14, 15
Lindamood, Rebecca, 168

M
mold, 22

N
Napa Cabbage Kimchi, 68–*69*

O
Ogusky, Jeremy, 102
onions
Dilled Onion Rings, 142
Onion Pepper Relish, *178*–179
Red Onions, 143
Spicy Spring Onion Relish, 67
Spring Onion Kimchi, 67
oranges, *124*–125

P
peaches
Drunken Peach Jam, *170*–171
Peach Shrub, *180*–181
peas
Spicy Sugar Snap Pea Pickles, 46–*47*
Sugar Snap Pea Pickles, 49
pH levels, 15
Pickled Beets, 98–99, *100*–101
Pickled Eggs, 77
Pickled Eggs, Purple, 99
Pickled Fennel, 54–*55*
Pickled Green Beans, *104*–105
Pickled Jalapeño Slices, 76–*77*
Pickled Watermelon Radishes, 144–*145*
pickles
Brussels Sprouts Pickles, 161
The Perfect Garlic Dill Pickle, 80–81, *82–83*
Pickled Brussels Sprouts, 159
Pickles (fermented), 84–*85*
Polish Dill Pickles, 87
Sugar Pumpkin Pickles, 130
Watermelon Rind Pickles (canned), 111
Watermelon Rind Pickles (fermented), 112
Pineapple Zucchini, 113
Polish Dill Pickles, 87
probiotic bacteria, 20
pumpkin
Pumpkin Pie Pumpkin Butter, 126–*127*
Sugar Pumpkin Kvass, *128*–129
Sugar Pumpkin Pickles, 130
Purple Kraut, 148
Purple Pickled Eggs, 99

Q
Quick Applesauce, *132*–133
Quick Curtido, 152–*153*

R
radishes. *see* watermelon radishes
raw (cold) pack method, 12
Red Onions, 143
red peppers, *178*–179
Refrigerator Pickle, 77
relishes
Cranberry-Orange Relish, *124*–125

Onion Pepper Relish, *178*–179
Spicy Spring Onion Relish, 66
Strawberry Chutney, *44*–45
Zucchini-Carrot Relish, 114–*115*
rhubarb
Rhubarb Apple Jam, 30
Rhubarb Pickles, 33
Strawberry Rhubarb Jam, *28*–29

S

salsa
Cherry Salsa, *40*–41
Fresh Tomato Salsa, *174*–175
Green Tomato Salsa (canned), 107
Green Tomato Salsa (fermented), 108–*109*
salt, 6, 16, 20
sauces
Applesauce, 133
Chunky Strawberry Sauce, 42–*43*
Cranberry-Orange Relish, *124*–125
Grandpa's Homemade Spaghetti sauce, 92–93, *94*–*95*
Jalapeño Sauce, 78–*79*
Quick Applesauce, *132*–133
Whole Cranberry Sauce, 122–*123*
sauerkraut
Beer Kraut, 148
Purple Kraut, 148
Sauerkraut, 147–148, *149*
Sauerkraut with Caraway Seeds, 150–151
tools, 19
scapes. *see* garlic
sea level, 14
serrano peppers, 138–*139*, *140*–141
shallots, 33
shrubs, 181
Slaw, Fennel and Radish, *56*–57
snap peas
Spicy Sugar Snap Pea Pickles, 46–*47*
Sugar Snap Pea Pickles, 49
spaghetti sauce, 92–93, *94*–*95*
spicy recipes. *see also* jalapeños
Hot Pickled Veggies, 176–*177*
Spicy Curried-Cauliflower Pickles, *154*–155
Spicy Pickled California Mix, 138–*139*
Spicy Pickled Carrots, 72–*73*
Spicy Spring Onion Relish, 66
Spicy Sriracha Garlic Cloves, 88–*89*
Spicy Sugar Snap Pea Pickles, 46–*47*
spring onions
Spicy Spring Onion Relish, 66
Spring Onion Kimchi, 67
squash, 158
Sriracha Garlic Cloves, 88–*89*
step-by-step guide, 10–11
storage, 14–15
strawberries
Chunky Strawberry Sauce, 42–*43*
Strawberry Chutney, *44*–45
Strawberry Kvass, 182–*183*
Strawberry Rhubarb Jam, *28*–29
sugar, 6
sugar pumpkin
Sugar Pumpkin Kvass, *128*–129
Sugar Pumpkin Pickles, 130
Sugar Snap Pea Pickles, 49
syrup, 38–*39*, 168, 180–*181*
canning process, 12

T

tannins, 22, 84
temperature, 21

The Perfect Garlic Dill Pickle, 80–81, *82–83*
thermal shock, 13
tomatoes
Bloody Mary Mix, 164–*165*
Cherry Tomatoes with Garlic and Fresh Basil, *96*–97
Fresh Tomato Salsa, *174*–175
Grandpa's Homemade Spaghetti sauce, 92–93, *94–95*
Green Tomato Salsa (canned), 107
Green Tomato Salsa (fermented), 108–*109*
turmeric, 156–*157*

U
USDA, 4–5, 6–7, 8, 12, 15

V
vegetable mixes
Fennel and Radish Slaw, *56*–57
Giardiniera, *140*–141
Hot Pickled Veggies, 176–*177*
Quick Curtido, 138–*139*
Spicy Pickled California Mix, 138–*139*
vinegar, 6, 11, 13

W
water, 6, 16
water bath canning, 4, 7
watermelon radishes
Fennel and Radish Slaw, 57
Pickled Watermelon Radishes, 144–*145*
Watermelon Radish Pickles, 146
Watermelon Rind Pickles
fermented, 112
pickled, 111
water-sealed crocks, 18, 21
white vinegar, 6, 13
Whole Cherries in Honey Syrup, 38–*39*

Z
zucchini
Pineapple Zucchini, 113
Zucchini-Carrot Relish, 114–*115*